

Advertisement 1

INDEX

WELCOMES

- President
- Editor

LIFE IN MEDICAL SCHOOL

- Campus Map
- Cocktail Night & MedCamp
- How to Survive First Year
- Achieving Work/Life Balance
- Surviving as a Non-Science Grad
- Making the Commute
- The Med Bubble
- Life on Residence
- MedFit
 - Running & Cycling Paths
 - What's on Around Geelong
- Where to Get Help

HOT TIPS

- Medical School Jargon
 Dictionary
- Study Techniques
- PIACEment
- Tips From the Library

MEDUSA & AMSA

- MeDUSA: Who We Are & What We Do
- Getting Involved
- AMSA & Convention 2017
- NLDS
- Conference Leave & Attendance

INDEX

SPECIAL INTEREST GROUPS & OPPORTUNITIES

- DSIG
- Crossing Borders
- GPSN
- NOMAD
- UHAD
- ► JFPP
- Taking Opportunities
- Learning Outside Lectures

MORE THAN SURVIVE: THRIVE

- 10 Nutrition Pointers
- Recipes to Keep You Going

CLINICAL SCHOOLS

- Ballarat
- Eastern
- Geelong
 - RCCS
- Warrnambool

CREDITS

PRESIDENT'S WELCOME



TOM GARRY MEDUSA 🏾 On behalf of Deakin Medical School's Student Association (MeDUSA), welcome to medical school. It is an incredible achievement to get to this point, so congratulations!

Medicine at Deakin is an incredible experience. You will be given the chance to immerse yourself in an amazing career and learn from the most passionate people. Outside the classroom, the friends you make will undoubtedly become friends for life.

Deakin Medical School also has an active social community, giving you the chance to engage with your fellow students in countless ways. I wholeheartedly encourage you to throw yourself into this community, as it will be some of the most fulfilling time you spend here at Deakin. Join all the clubs. Put your hand up for a position. Get involved!

MeDUSA is our student association. We run a busy social calendar, which starts with the amazing cocktail night and famous MedCamp. MeDUSA also advocates for the student body; not only at the Medical School level, but also at the national level through the Australian Medical **Students** Association (AMSA) and the Australian Medical Association (AMA).

Join MeDUSA and look out for the awesome opportunities that will be coming your way. Medicine is an immensely challenging - yet equally rewarding experience. We are lucky here at Deakin that we come from a variety of backgrounds, countries and professions.

Excuse the cliché, but the next few years will fly by. So don't get left behind! Throw yourself into the deep end and take every opportunity you can to get involved in every possible way. I look forward to saying hello to you all throughout 2017.

EDITOR'S WELCOME

Hello and welcome to Deakin Medical School! I won't start by congratulating you; as pretty much every other article in this survival guide will, and deservedly so (I encourage you to read them). This guide is choc-a-bloc full of tips, personal insights and advice from students who have been there and done that, to help you navigate med school life. First year medicine is a wonderfully exciting time and I remember how eager I was to dive in when I was in your shoes.

MADELEINE

PUBLICATIONS

GOSS

CHAIR

I know medicine is hard... But is it really that hard?

Not at first, but it will be. So enjoy the time where you feel on top of everything. Get to know Geelong and make friends and settle in. Don't make things harder for yourself, because winter is coming (and it's freezing in Geelong – that part is not a joke.) My biggest piece of advice to you is to work consistently throughout the year. Scott (PHM lecturer and all-round nice guy) will tell you to study PHM *"little and often,"* and this is true of everything you study in medicine – except some parts are not so little. Banking information for long-term recall takes time and repetition, so please don't try to cram the night before, or you'll forget it and embarrass yourself when a consultant asks you a simple question you can't answer!

How do you eat an elephant?

One bite at a time.

It can be is overwhelming to look at the road ahead of you and see how much you need to learn – I believe the dux of the inaugural cohort of medical students Deakin produced described it as "*drinking from a fire hose*," which is a perfect analogy.

You can't learn everything, but you'll try to take up as much as you can; like a sponge under water. The amount you learn is fantastically rewarding. When you start to connect the dots and recognize how to diagnose common conditions, you get an unbridled sense of satisfaction. Medical school is so much fun; we work hard, and we play hard. Do try to get out once in a while to blow off some steam - it helps. Get involved in things outside of just studying. Join MeDUSA (definitely go to Cocktail Night, Med Camp and Med Ball), go to conferences, have parties, lie on the beach, take a dance class, learn a new recipe, or write me a work of literary genius to publish in MeDUSA's quarterly newsletter – The Pulse!

Yes, med school is important and extremely time-consuming and has a tendency to eclipse everything; but don't forget about the other things in your life, because they are a part of what makes you who you are – and Deakin wouldn't have chosen you if you weren't clearly fantastic.

All in all, I adored my first year of medicine, and I'm sure you will, too. Enjoy, and good luck!



Deakin Hot Spots

1 - **Building DD**: best lecture theatre and location for your Monday 8am lectures and many class tests.

4

free carpark

CP20

2 - **Building KA**: where you'll spend most of your time. Anatomy, path and clinical skills labs live here, along with PBL rooms and common room. Many unit chair offices can also be found here, behind SoM reception.

3 - Library. Coffee shop also located here.

4 - **FREE car park**; for those of you not wanting to buy a permit and are willing to walk.

5. **Building JB**: pretty much the only place you can buy food, either downstairs (take-away/ fast-food), at the Hub (sit-down meals) or the opposite coffee place.

- 6 Med student residences
- 7 New athletics track; Medfit often runs here
- 8 **Transport tub**; for buses or inter-campus shuttle

9 - **THE CUBE**. Where many BBQs/events are held. There's a decent patch of grass here where you can relax in the nicer weather.





WHAT: MEDUSA COCKTAIL NIGHT, COME AND NETWORK WITH STUDENTS FROM ALL FOUR YEAR LEVELSI DRINKS AND NIBBLES PROVIDED.

Cocktail Night

WHEN: FRIDAY 3RD FEBRUARY, 8PM - 12AM

WHERE:

WATERFRONT KITCHEN, 1 GERINGHAP ST, GEELONG

DRESS CODE: COCKTAIL

TICKETS: \$35 MEDUSA MEMBERS, \$40 NON-MEMBERS TRYBOOKING.COM/OLCK



MED CAMP 2017!

When: Friday 10th – Sunday 12th of February Who: First year Deakin medical students Where: Lady Northcote YMCA Camp, Rowsley

*List of what to bring and further information to come

Cost: TBC

What's provided*: transport, meals, 2 nights' accommodation, beer & wine, skills workshop, your very own scrubs Questions: social@medusa.org.au



Travel (bus from campus or BYO car) Scrubs party

FRIDAY

Clinical skills Clinician panel Rubik's Cube Party

SATURDAY

SUNDAY

Pack up

Travel back to campus Starting medicine can be a daunting experience; not knowing what to expect; relocating; losing your support network; and not knowing anyone. The fortunate thing about studying medicine at Deakin is the close-knit community that the small cohort fosters. You spend so much time with each other that your cohort becomes your family away from home. The friends you make here will not only be there during your time studying but will go on to be your colleagues in the future, and some of your best friends; so its great to create these bonds early.

Medcamp is an opportunity to do just that.

It's an opportunity for all you first years to come together, get to know one another and let loose in the first few weeks of medical school, while preparing yourselves for the road ahead. It's a 2-night, 3-day experience that encompasses both educational and recreational activities; which give you a great insight into what you've got to look forward to academically and gives you fantastic memories to perk you up in exam time. It's an event not to be missed, if you can help it.

More information to come in the first few weeks. Keep an eye on the Class of 2020 Facebook page to learn how you can score your ticket!

CARL COSGRAVE

MEDUSA SOCIAL CHAIR

Fancy yourself a budding writer? Have a great perspective on something in medicine? What about a fantastically hilarious anecdote? The Pulse is MeDUSA's quarterly newsletter, full of fantastic insights, artwork, student articles and more.





publications@medusa.org.au

HOW TO SURVIVE FIRST YEAR

RYAN D'CUNHA &

BLAKE VORIAS

Welcome to medicine! Studying medicine is an interesting journey, and likely to be very different to anything you have done in the past. From the delivery of the content and study techniques that don't seem to work anymore, to the challenge it can place on your personal life, it is important to ensure that you take steps to look after yourself, and make the most out of what can be an amazing year.

> Unfortunately, for most, it takes until the end of the first year before you feel like you've begun to get an idea on how to best approach the challenges that face you. Hopefully this can provide you some idea of what to expect in the upcoming year, and some of the best ways to ensure that you have an amazing time!

4111

What

to expect

In first year medicine you basically have a few themes as part of HME101/HME102: KHI – Your physiology-type stuff (50%) ELPD – Ethics, law and professional development (12.5%) DP – Practical doctor stuff (i.e. clinical skills) (25%) PHM – Public health (12.5%)

> Percentages relate to how much each of these themes contributes to your final overall mark.

> > The way that the content in these subjects gets taught can be challenging at times, as the pace and level is quite difficult, and content is not repeated the same way that is typical of undergraduate degrees.

> > > Some key tips we have put together for taking on first year include:

Time management

The contact hours of the course are relatively low, but you really do need to account for time at home to get though the content – it's a lot.

Don't fall behind (where possible)

The content progresses very fast, and if you find you are falling behind, its best to try to keep on top of what you are leaning (even if it means rushing through some topics), rather than keep slipping away. The (much) longer semesters and density of information make a cram session at the end pretty much impossible. (You think *"challenge accepted"*, but seriously, don't try to do this).

> Have a good attitude



-

It's really easy to get frustrated with the course/staff/other when the course pace picks up, or when you are finding content difficult. It's worth realising that once content has been presented to you, there is an expectation for you to study and consolidate that knowledge yourself, consistently. Some got frustrated and waited for the course to change this problem, and this occasionally meant they fell further behind. If you do have problems, make sure you speak to the student reps and/or unit chairs, but make sure you keep pushing along. Trying to stay positive and just appreciating how much you are learning makes for a much more pleasant experience.

Use & support your peers

44

HIM

On of the biggest challenges people have in this course is no longer being the top student in the room. While this can be a really difficult transition, this is one of the best assets that medicine brings. Any topic you are having an issue with, there is likely someone around who has a strong background/understanding on that very thing. Deakin is great for fostering a collaborative culture, and if you make sure that you help when you can, people tend to be open and ready to help you. We are all in this together, and the better we all are, the better for all Deakin grads! (Also, at this point, grades don't matter... but you'll hear plenty about this).

can't learn everything.

You

There is too much content to know everything, be smart about how you study, and take all the tips and support you can get from peers, staff and the students that have learned the hard way before you. # 6

Friends are important

- This applies to both friends at uni and those living in the real world - they'll keep you sane! Uni friends are an often overlooked network, but you are going to find that you spend most of your life with these same people. Most of us knew way too much about each other by the end of the year, but that's what makes you close. But all your close friends form an important support that shouldn't be brushed aside when you are busy.

Work/LIFE balance is

important – For me, I did this by working hard during the weeks, and keeping my weekends as my "*life*" time. Always made a little time for hobbies throughout the week also, and some time for friends. You should work out what works with your priorities, but this should not be overlooked.

Read our tips for work/life balance on the next page

ACHIEVING WORK/ LIFE BALANCE

We have put a concise list together here that may help you tackle this down in G-town.

RYAN D'CUNHA

BLAKE VORIAS

Utilise the breaks!!

Med

- This is important – recharge your batteries! You don't have many opportunities to actually take a break, and you forget how important they are.

&

- 3 weeks of break for roughly 40 weeks of study; two of those you'll probably have assignments to do or mid-sems to study for

- AMSA conventio<mark>n - Sydney 2017</mark>

Enjoy MeDUSA events

- Cocktail night, MedCamp & Medball are musts for everyone!!
- Events are always planned for after tests and exams to celebrate
- Preclinical sporting cups 1st years vs 2nd years
- House parties are always appreciated by all



Misc.

- Look out for your friends make time to catch up
- Keep PBL enjoyable and enjoy your time with peers you will spend a lot of time together
- Relax and get plenty of sleep
- Keep in regular contact with old friends and family

Wellbeing is important

Burn out can severely impact your mood and critical thinking skills; especially when assignments and final exams are looming. You will hear plenty about burnout and mental health issues in medical students and doctors – but don't be disheartened. They're trying to educate you now to help you avoid these things, or manage them better when they (inevitably) crop up.

Baby's first block

HB (human biology)

This is your first block, and for those of you with a science/health background, this will be fairly straight-forward, and by far the easiest time in medical school.

You will hear the second years telling you to relax and not take it so seriously, but in the back of your mind you'll be thinking "but I'm in medical school now!" / "I have to be excellent".

Trust us when we say to ease in with this one. This is valuable time you can use to meet people, get to know Geelong and experiment with study techniques and find what works for you in med school, before things really get challenging.

AN ENTREPRENEUR, NOT A SCIENCE

KEIREN MACDONALD

I walked tensely through Rundle Mall aimlessly window shopping, desperately trying to find something to distract me while I waited for my alleged offer into Deakin's BMBS. While I had not received a rejection letter that Monday I still had my doubts that I had been accepted. It did not help that Deakin was waiting until the Friday afternoon to release its offers. I had a resting heart rate of 180 all week. My phone made a small yelp in my pocket.

An email! My acceptance! Wow! I need a beer.

Following a week's recovery, I started planning my move from Adelaide to balmy Geelong. In doing this I also had to plan the move or more precisely expansion – of my business from South Australia to Victoria. It doesn't mean much to 'have your own business' at present. Everyone with a popular Instagram account has suddenly become an entrepreneur, living the smashed avocado eating, homeless but adventuring

lifestyles that our generation purportedly dreams of. Even so, I felt that for the previous three years I had helped build something rather successful. We run a small production house based out of Adelaide which services our client's photography, video, sound, animation, and drone-related needs. That year we had passed some important milestones. We gained our first international client, we had four team-members flown around the country to provide our services,

GRAD

I was published in National Geographic, and we had grown our team to include thirteen members. While I was exuberant with the news that I was entering medicine, I felt I had come too far and worked too damn hard to give up on my budding start-up. But a BMBS is still just uni, right? It might be longer and apparently more 'intense' than a usual undergrad degree, but in the end,

it just requires more time and an extra coffee occasionally. Right? I knew that I would need to cut back on servicing jobs myself, but thought I could move onto client acquisition and management, perhaps the occasional fly-in, fly-out job. I had been doing all of this during my undergrad, so it should be fine. I won't make you endure the step-by-step details of how this year went, but I'll inform you

you of what I have learned:

1. The first block is an absolute whirlwind of everything you might have done in a biomed degree. It isn't covered in much depth but it felt like each lecture was on a new topic so you need to be good at juggling if you haven't covered the content before.

2. While the structure of learning may be similar to most undergrads, you really don't realise how long the semesters are and how much you valued mid- and inter-semester breaks until you've been slogging through the sheer volume of content that Deakin has to offer. It is likely that you will need the one week break to either catch up, or more importantly, chill out. If you decide to fill up these small reprieves with activities from your other life you will be **very** tired by the end of the year.

3. This is also an amazingly social program. Your cohort will be filled with interesting and fun people who do awesome things all the time. There are also a huge number of events held throughout the year as well as post-exam drinks. Sadly, if you schedule away your evenings and weekends with study, catch-up, work, meetings, perhaps a significant other, and everything else you need to do there won't be any time to enjoy the spontaneous, unscheduled. relaxing, fun, and social things you aren't told about before entering.

4. No matter your background, many will have to recalibrate their expectations. We do not receive grades, we receive quartiles. You will know where you stand among the cohort and from there you can gauge if you need to work harder or calm down. If you don't treat this program like the full-time commitment that it is then you can still level-up at the end of the year, but it's unlikely that you'll be a Q3 or Q4 very often (at least from my very small case-study).

A science/health degree is not a requirement to flourish in medicine. It might be a lot of work at the start but the playing field quickly evens out and you will find yourself in just a good a place as anyone else.

However, if you start Deakin's BMBS and also bring a full-time interest in something unrelated, you may sacrifice a wealth of opportunities that are boons to your learning, physical and mental health, and social life. I've survived my first year of medicine but I'm recalibrating my lifestyle for the year ahead.

TIPS TO KEEP YOU ON TRACK, LITERALLY!

Q: As a first year medical student, is it feasible to commute to Deakin Uni Waurn Ponds from home (e.g. Noble Park, Southern Cross Station, Sunshine, Footscray, Lara or Point Cook) on a daily basis?

A: Hell, yes! It is initially grueling and you might go loco because of the early morning rises; the delayed or cancelled V-line trains; and run the risk of near missing out on mid-semester tests. However, eight of us did it and successfully passed first year.

Download the app for Metro Notify and follow Geelong V-line on Twitter to keep you updated with cancellations or delays.

Very important: bring extra food for the journey because no decent food is sold at the stations while you wait.

2

3

Myki cards and travel fares are inspected daily on the trains so make sure it is always topped up (you'll thank me when you have money on your card when running after a train that is about to depart).

Concession cards are available for you via the Deakin Student Connect website (studentconnect.deakin.edu.au) for cheaper travels.

4

5

On that note, stick your concession card to the back of your Myki to make it easier to show inspectors instead of wasting time foraging through your bag like a lunatic. Always bring a power bank for your phone for the journey.



Practice some mindfulness on the train, it is extremely important! (Or you can bring a travel pillow and sleep like l did.)

Earphones. Enough said.



Keep the Uber app handy in case of unexpected train cancellations and delays, especially on mid-semester test days, it happened to us twice last year.

Be organized and focused: you don't have the luxury of walking across the road from university to home within a couple of minutes like the other students, so use your travtime on the train productively whether it be studying, re-listening to recordings of lectures, editing essay paragraphs, reading prescribed pre-readings or completing tutorial tasks. That way you have less to do once you are at home and have more time to exercise, work or spend time with family. There are definitely pros and cons to daily commute.

For me, personally, the pros outweighed the cons; I saved money because I was living with my parents; the travel forced me to be organized and efficient; and most importantly, I met and became friends with a special crew of people who are now my close friends. We had lots of deep and meaningful discussions as well as silly ones during our travels and we motivated each other to make it into uni and to study.

Finally, to the first year medical students, I wish you all the best, particularly to those who are travelling. My best advice is to keep it real, keep it well balanced and maintain a steady pace throughout the year. We know you all want to do well and get good or perfect marks and will get stressed, but at the end of your first year of medicine, you will be wishing that you had been more laid-back about it all.

So relax, work consistently and enjoy the journey.

- XOXO

LY DOAN THHUONG@DEAKIN.EDU.AU

SELF-CARE IN MEDICINE: The bubble

It's nothing new to say that studying medicine is not easy. But perhaps not for the reasons you might think. Yes, the work itself might be hard and yes, there is lots of it. Something that you will all soon realise is that a large portion of people have moved away from home to be at Deakin – some have moved from Melbourne, some from interstate, and even from overseas.

This means becoming quite separated from the life you had before medicine. It means that university, your daily chores, where you now live, and, most importantly the people you have here – your cohort – become your new world. These components form the infamous 'med bubble'; a term you will become very familiar with. The med bubble makes your world small, and thus intensifies

Some of you may never have moved out of home until now. Learning to live with other people is an experience within itself and can take some adjustment. The independence is great and it is so fun to live with your friends. But, after a while, the little things that you notice about the people you see every single day can begin to seem bigger, more annoying, more intolerable. This is because you are all in each other's pockets, all the time.

I know this is a generalisation, but many people who study medicine have type-A personalities (although, ironically, I don't consider myself one of these people). A-types are strong, incredibly hard-working and can be quite dominant. These can be great traits – these people get things done, effectively and efficiently, with the self-belief that can change the face of medicine. However, the cumulative effect of – what is essentially, a 'gathering' of such people – is intensity. This can be incredibly overwhelming and compounds the pressure I know each of you will place on yourselves this year.

But you can pop the med bubble.

Thankfully, there is a simple solution that a wise fourth year Deakin student relayed to me – do things outside of medicine!

Yes, that sounds incredibly obvious, but it is unbelievable how easy it is to get caught up in grades, and comparing yourself to others, and clinical skills, and how to speak up in

PBL/lectures/tutorials/placements, all the while everyone keeps telling you how likely it is your mental health will deteriorate.

Do things outside of medicine. Go to the gym. Paint. Sing. Dance. Go to the movies. Swim at the beautiful beaches around us. Go into the city. Join one of the many Deakin clubs. Have a night off just because you feel like it.

If you take a step back, the things in your med bubble that irritated you, upset you and stressed you out, start to seem less significant. Having extracurricular activities, give you perspective and can be very therapeutic. They also lend themselves to making new friends – friends outside of the med biome, creating a new sanctuary that you can escape to. Then you can come back to your med world feeling refreshed, knowing that everything is going to be okay and you will get through it. But if ever things get too much, don't forget that you have a life back home, too. Talk to your friends and family, and visit them if you can – or, save the petrol and/or airfares and get them to visit you!

There are also many supports in place within the School of Medicine which are immensely helpful. My experience with them is that they want you here, they believe in you, and want you to do well. They chose you, after all.

My main point is to tell you that if you're having a hard time, don't think that it makes you an anomaly, or makes you weak, or that you are alone. In fact, if people don't have some hard times during medical school – I would say they're the anomaly.

I don't know of anyone who didn't struggle at some point in my year. It happens, unfortunately, but it is normal, and often inevitable. Medicine is an extremely rewarding career and it is a privilege we get to be a part of it. Treasure it, but never be afraid to ask for help, it can **only** make things better.

Everyone in your cohort, without exception, is in the same boat as you.



LIFE ON RESIDENCE

Living on medical residence at Deakin University is an experience that is one to remember. Starting medical school can be a tough and scary time for some. especially if it involves moving away from home for the first time! The great thing about living on res is that everyone is in the same boat, and it means you all support each other; making the transition into medical life that much easier.

It's also a fantastic way to make friends! Being immersed in an environment with similar-minded people creates deep friendships rather quickly. The friends you make on res will be friends for life. There's also a bunch of great events held specifically on res, my favourite of 2016 being the "pod crawl". Each medical pod had a theme and decorated and dressed accordingly, and you went from house to house throughout the night!

There are also lots of great BBQs, adventures to the trampoline park, Kris Kringle, movie nights and more! And lastly, the best part - living 7 minutes away from the lecture halls (and 5 for fast walkers). What could be better than waking up twenty minutes before class and still getting there on time, popping home for lunch and always being able to occupy

vourself during some of the less conveniently-timed breaks? Plus, you don't have to find a park each morning, or worry about train schedules. Life on res is one to remember! Make the most of it – the better you get to know your neighbours, the more fun you will have!

Enjoy your year and see you on res!



MEDFIT
MEDFIT

Medical students are inherently bad at balancing life and medicine. As you embark on your four-year journey, you'll find maintaining this balance to be one of the most difficult aspects of your studies. The areas of our lives affected are far reaching, from family and relationship commitments to getting away and having a casual drink on a Friday night. It's true that no one aspect of our lives outside of study are more important than the other, but as future medical practitioners it is fundamental we consider our health and physical activity highly amongst our priorities. The benefits of moderate to high levels of physical activity whilst studying are well established. Aerobic activity is known to reduce inflammation, stimulate the release of

growth factors and improve insulin resistance; leading to healthy cerebral blood flow and neurological function. By improving sleep and mitigating anxiety and stress, exercise has the ability to improve our capacity to think clearly and focus on our studies. Perhaps more relevant to medical students is the influence that a healthy lifestyle can have on our future patients.

One study of US medical practitioners shed light on this issue, showing that practitioners who practiced healthy lifestyle habits were more likely to encourage patients to exercise, therefore improving their health outcomes.

MedFit is a student-run program designed to encourage positive health and fitness habits among medical students.

The program is free to all medical students, running twice a week for first year students and twice a week for second year students. It's a great way to keep fit whilst studying and add a social element to your fitness regime. The program caters for all levels of fitness, with a strong emphasis on boxing, use of outdoor gym equipment and some degree of running.

The Medfit schedule will work around the respective years' timetable but typically runs Monday/Tuesday mornings and Fridays.

More information will be made available early in first semester. In the meantime, like the Facebook page to stay updated fb/DeakinMedFit.

Please contact Carl Cosgrave or Jacob Wahba if you have any questions, or would be interested in conducting sessions.

Last year, we introduced MedSports on a Friday afternoon, which involved playing AFL, soccer or basketball after PBL on a Friday afternoon and it proved to be greatly popular amongst the cohort.

We encourage you all to try MedFit and encourage good health practices in one another that will hopefully follow you into your long and prosperous medical career, and help you make it through the long slog ahead!

RAWLINGS MATHEW

RUNNING & CYCLING

PATHS

Greater Geelong has breath-taking natural surroundings, which you can take advantage of on your morning, evening, or social walk/run/ride.

Spending time in nature encourages mindfulness, which can be a great stress-reliever; combine that with the many benefits of exercise and you'll keep your brain and body fit and ready to tackle the challenges of med school!

The best place to find maps of walking tracks is: http://www.youareheremaps.com.au/Geelong/activetravel/map.html



WHAT'S ON AROUND Geelong

Being a local for the entirety of my life, I can guarantee the best thing to eat in Geelong is pasta at Nonna's house... For everyone else, Geelong has a number of great well-known eateries and sights to see, as well some other fantastic hidden gems to explore. Here are just a few of my favourite places to go eat and make the most of time away from studies. Enjoy!

LUCAS TARANTO

FOOD

City Bay Noodles – located on Ryrie street and endorsed "best pho in Geelong"

Bull Tapas Bar - Moorabool St, has excellent food and deserts

Brunching:

Pakington pantry 63 Degrees King of the Castle Box Office Café The Pond Café Tomodachi – Small traditional Japanese restaurant that puts the Hi Sushi chain to shame

Mexican Republic – Fresh and vibrant Mexican experience

Fishos – Great Fish and Chips to enjoy when heading to the beach in Torquay

Boss Burger – Best American style burgers in Geelong, look for the Waurn Ponds location to open near campus early in the year

Donco – Fantastic Korean food on Pako unlike anything else in Geelong

Two Sugars – Awesome Italian Pizza and Pasta restaurant done the proper way

Armageddon Cakes – Because no dinner is really complete without dessert...enjoy many Uno games while you indulge in sugar overload

Café Go! – cute set-up with delicious food

Saint

Regis – Really can't go wrong with any of the wineries in the Geelong region, with Saint Regis being one of my favorites, right on the doorstep of campus

Jack Rabbit - Excellent restaurant with an even better selection of magnificent wines to pair and choose from Little Creatures - Great atmosphere and area to enjoy some of Geelong's finest craft beers with friends Elving Brick Another great place to go if you are more of WINERIES

Flying Brick – Another great place to go if you are more of cider fan

Geelong Cellar Door – Small wine bar in the middle of the city to try out plenty of the regions finest

Edge – Restaurant by day and Bar by night perfectly situated right on the waterfront

Beavs – Interesting/weird décor help to give character to the frequented stop for many pub crawls

COFFEE

Freckleduck – Found in the middle of the city. Be sure to try the Hotcake #elite #top5 AND

BARS

King of the Castle – Great brunch spot on Pako with some interesting options on the menu

The Picker's Union – Another hidden gem with fantastic Coffee's near the vintage markets

63 Degrees – One of the many great and incredibly popular brunch places on Pako you can't go wrong with

Cartel Coffee Roasters – Perfect for even the biggest Melbourne hipster coffee snob

PLACES TO SHOP

Waurn Ponds Plaza –

obviously the place to be. The butcher opposite Woolies does a 10% Deakin student discount

Fruit Shack – best fresh produce, much better-stocked and cheaper than Coles or Woolies

DO Great Ocean Road – The perfect drive to getaway from it all, enjoy the beaches and magnificent scenery that is non-existent within major cities

THINGS TO

&

SEE

12 Apostles (81/2 apostles?) – One of the more iconic stops when driving down the great ocean road. Be sure to see them before the rest of them fall

You Yangs – Perfect hiking destination for those who enjoy long walks with great views

Torquay – The beach in the little surfcoast town is a great place to head to, to enjoy the odd sunny day and get away from all the stress

Great Ocean Road Chocolaterie (Belbrae) - a short road trip from uni and great place to get ice cream & chocolate/visit on the way to Lorne.

Anakie Fairy Park - also a short road trip, and mad lols. It's pretty cheap too.

Otway Fly Treetop walk - 'nuff said Ozact - they do outdoor Shakespeare plays all over Victoria but (including Geelong), near Loch Ard Gorge etc. And they

> offer concession prices. Lorne Sculpture Biennale (in March)

Melbourne??? – For those not from Victoria

Lamby's –) Geelong's premier nightlife experience, you aren't considered a local until you have stayed until close and made it to the Monday 8am lecture

Kardinia Café – In 23 years I have yet to see the fast food institution close and is the perfect stop after a night out

INSTITUTIONS

FEELING BLUE?

time you've finished reading this survival guide, you'll realise many students touch on mental health issues in medical students and doctors. This is something you will cover extensively as part of the medical school curriculum, and is unfortunately something many of us are - or will become - familiar with.

By the

The following information is a brief overview of the services offered at Deakin which you can use to seek help, whenever you need it.

We're all painfully aware of the stigma which surrounds mental illness, but with Deakin's collaborative "look-after-your-own" culture (#DeakinDifference), you needn't fear being judged or excluded from the wonderful opportunities Deakin Medical School has to offer - it's just another challenge, and we know you're up to it.



Deakin SoM has recognised that many of its students need help with managing mental health issues, including anxiety, depression, homesickness, transition, stress, relationship issues and burnout. To address this, there is a dedicated registered psychologist - Jacqueline Payne - who works solely with Deakin medical students.

Jacqueline has both phone and in-person appointments available 9am - 5pm, Monday - Friday. To make an appointment, call the Student Life team on 5227 1221 and inform staff you are a medical student.

Conselling with alternative psychologists is also available from the Student Life team, however these psychologists service the entire Deakin University population, and can be difficult to get an appointment with; especially at peak (i.e. exam) times.

ON-CAMPUS MEDICAL

Deakin also provides GPs and registered nurses free-of-charge for any Deakin student. Here, you can get all of your medical needs met, including vaccinations (for those of you who were late getting started), contraception & sexual health issues, referrals, medications & prescriptions and all the other regular doctor stuff. There is an app you can book your appointments through called *Appointuit* if you don't want to call student life on the number above.

OFF-CAMPUS MEDICAL

If you don't want to utilize the on-campus medical services, there are many local, bulk billing clinics. Here are some tested by previous medical students:

Medical One: 160 Colac Road, Waurn Ponds. 5243 6111

Kardinia Health: 2-18 Colac Road, Belmont. 5202 9333

Belmont Bulkbilling Clinic: 141 High Street, Belmont. 5241 3000

The Cottage Medical Centre: 222 Torquay Road, Grovedale. 5241 6129

USEFUL LINKS FOR THE TECH-<u>SAVVY</u>

mentalhealth.amsa.org.au - AMSA run a great mental health campaign, and you can find lots of useful links on their website and Facebook page (fb/amsamhc).

<u>mindspot.org.au</u> - Mindspot offers an online counselling service.

<u>au.reachout.com</u> - offer counselling services and tips to manage mental illness.

<u>lifeline.org.au</u> - one of the veteran counselling services, these folks are especially good at managing suicidal ideation and crises - for you or anyone around you. Don't be afraid to call for your friends!

<u>R U OK</u> - One of the most far-reaching mental health campaigns; get tips on how to ask your friends - and yourself - how you're going.

Advertisement 2



MED SCHOOL JARGON DICTIONARY

There are countless abbreviations and complicated terms in medicine, so, fittingly Deakin has a set of its very own. It will feel like you're speaking another language at first, so here's our guide to translating with a few extra insights. Don't worry - you'll pick it up in no time!

Cloud - Deakin Cloud, that is. This is your online portal to access all class content; lecture slides, recordings, posts from unit chairs, extra resources etc. It seems confusing at first, but you'll get the hang of it.

CR - Cardio Respiratory. Your third block and your first more clinically-oriented one. It can be a bit of a shock to the system, but the feeling you get when you finally connect the dots is superb.

DOPS - Direct Observation of Procedural Skills. These are hurdle requirements. It is how we learn clinical skills and are assessed on our competency to perform them. Done in regular DP sessions.

DP - Doctor Patient; one of the 4 themes forming your curriculum. Where you learn clinical skills and how to actually "*be* a doctor."

ELPD - Ethics, Law and Professional Development. Pretty much what it sounds like, although the curriculum is currently being updated.

HB - Human Biology. Your first block and basically an overview of the human body, shocker.

Hidden Curriculum - Still not sure how many of us could give you a solid definition of what this actually is. It is discussed A LOT in ELPD, and basically refers to the things you need to learn for clinical practice/working life that aren't formally taught (i.e. as part of medical school).

IDR - Infection, Defence and Repair. Your second block and for those of you without a background in cell and molecular biology/microbiology, this will probably be your first major challenge. But Debbie (lecturer) is fantastic.

InPlace - discussed more in the "tips for placement" section; the site you use to access your personal placement information.

KHI - Knowledge of Health and Illness. Where you learn the science of medicine.

LI - Learning Issue(s). Essentially a set of questions/ activities. You'll generate these with your PBL group based on your case for that week. They're designed to identify and fill gaps in your knowledge. You need to complete them **all** each week.

LO - Learning Objective(s). Released on Friday each week after PBL. These are the unit chair's version of Lls, and what you should be able to answer by the end of that week. **GREAT study/revision tool.** Log Books - Reflective pieces on each week's DP sessions, or any other clinical/non-clinical experiences in medical school that have been important to you, or impacted you in some way. It is important to reflect on what you were *thinking* and more importantly, what you were *feeling* and how this may influence your future practice, and what you will do to work on/improve/implement it. They are submitted online. Do not leave them all to do at the end of the semester,

it is not enjoyable and your entry dates are logged. **OSCE** - Objective Structured Clinical Examination. You

don't need to worry about taking these until second year, but you will be taught examinations in first year that you are expected to remember. They are how we are assessed for clinical competency and also exist in third and fourth year, where progressively more detail is required. If you want to be a volunteer patient, it's a fantastic way to learn and gives you great insight into the whole process. Opportunities will pop up in second semester, so keep an eye out!

PBL - Problem Based Learning. This group will be your new family. PBL sessions are two hours long and conducted on Monday and Friday afternoons. Monday you generate LIs; Friday you present them to one another. There is every chance the second years will be taking up many of the PBL rooms come OSCE time (sorry in advance).

PHM - Public Health Medicine. Again, pretty much what it sounds like. Enjoy Scott McCoombe.

Q4 - What everyone is aiming for - top 25% of the cohort. You'll be given a range of marks, but not what your exact mark for any assessment was. It can be frustrating at first, but you get used to it.

Q1b - Bottom 10% of the cohort. Sometimes these can still be incredibly high marks - we're all high-achievers, after all. If you get one of these bad boys, you'll have the opportunity to sit down with the unit chair and discuss that particular assessment item and ways you can improve. It can actually be incredibly helpful, especially for identifying areas you might need to work on before exams, so don't be disheartened.

RG - Renal Gastrointestinal. Your last block of the year, hallelujah. You can see the light but you'll probably be burnt out by this point. Yes, you need to know the transporters (you'll see). However, there are some amazing lectures and lecturers to look forward to.

SoM - School of Medicine.

UP - Ungraded Pass. Not "up" as in the opposite of "down". When you see this on your result transcript, don't freak out. We never get our grades (see above), only quartiles, which will be posted on Cloud Deakin.

STUDY TECHNIQUES

ASHLEIGH RODGER

Don't panic!! The first few weeks of med are pretty laid back, and not knowing the best way to study isn't a problem. Most people try multiple different methods before they find what fits best for them, and the good thing about HB is that it is relaxed enough to let you explore which is best for you :)

The Lone Wolf

- Completing LOs to a high level (the level at which you were taught in the lectures) becomes a great study tool for exam revision. Finishing them every week (which doesn't always happen) will save you a lot of stress when it comes to the end of the year.

- Lecture summaries

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Condensing the lectures - as I'm sure you all know - is a great tool to study, and everyone has their own way of doing it and they all work! Be that by hand writing, printing the lecture slides or typing, do what's best for you. However, this can be very time-consuming.

The Book Nerd

- Boron (for the harder topicscan get a little wordy/complicated)

- Robbins & Cotran for all of your pathology needs

- Talley & O'Connor (a must for DP clinical skills)

- Moreland (for anatomy)

- Browse the medical section in the library

- Many, many online articles and resources (you get very good at Googling)

- You'll get all eBooks (and more) from your Peer Mentor

Listen vs Attend

- Go to lectures- they help. The lectures aren't always recorded at the end (we OFTEN go overtime), and sometimes there are issues recording at all (especially with guest lecturers) therefore going is great! Plus you get more of a social aspect and can hear announcements and news from MeDUSA and other committees.

- You can always listen to lectures later (I would recommend doing this to consolidate information)

- If going absolutely doesn't work for you, or you're sick, make sure to keep an eye on CloudDeakin, and talk to your peers about lectures that won't be recorded, or that you must attend for other reasons.

The Group-Studier

 Form study groups with either your PBL or some friends to work through and discuss LO's each week.

 Practice DP tutorial skills for an hour after every tute to consolidate those skills (even though OSCEs aren't for another year, it comes in handy to be experienced and capable with the stuff you've already covered, as it doesn't get covered again!)

The Visual Learner

11

- YOUTUBE! Seriously, this is the greatest gift to medical students. Great channels include: Armando Hasudungan, Osmosis, Handwritten Tutorials, Khan Academy Medicine, Shotgun Histology and many more!

- John West. The Best. Not the tuna, but the respiratory genius. Look him up when you get to CR he has an amazing set of video lectures on respiratory physiology and pathophysiology.

- Draw mechanisms! Med Maps in your handover files is a great source of inspiration.

The Musts

- Read the student guidelines before the DP tutorial (will help a lot if your randomly selected to perform an exam in front of the class!)

 Tally and O'Connor- Makes a huge difference to read before DP tutorials, also includes a disc, which has videos/tutorials on how to do examinations/procedures.





Form a study group. Get some students who are good at each topic to teach the stuff they are good at - we organised student-run tutorials before IDR test/exam, which was a massive help (highly recommend!)

- Write practice questions for each other and collate them into one document so you can all prepare for exams together. - Go to the PHM lectures before the exam- Scott always gives a hot tip on what to expect for the exam/is an all-round legend

- PHM exams include statistics. So those boring graphs that don't seem very relevant are really important and are almost always multiple choice questions.

11 23

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Get some good diagrams to learn and draw them up on a white board or print them and hang on your bedroom wall (did this for RG to learn the transporters, great help, you'll understand when you get there!)

......

Don't forget about your friends outside the med bubble - they help keep you sane!

If Realisans

PLACEMENT

Placement is one of the most exciting aspects of your first year of medical school. These placements will provide you with wonderful insights into the world of medicine and will be provide of your earliest clinical exposures. As such you really want to make the most of these experiences. However, the logistics, such as clocking in your placement times to writing 'reflective' essays can be easily forgotten and can land you with a hefty essay to write if not completed. Our cohort also got a slap on the wrist for not dressing appropriately...

After each placement you must show that you have attended. This is done by finding the placement on InPlace and clicking completed under the relevant placement (this will become clear to you). This must be done within 7 days of the placement. This is **SUPER IMPORTANT**, because if you fail to confirm your attendance, there will be a hefty 1000+ word professionalism essay waiting for you.



Consequently, I have provided a list of the DOs; DON'Ts; must not forget's and everything in betweenm, so you guys can make the most of your experiences!

Be Familiar With InPlace

Inplace is an online portal that tells you when and where your placements are to be held. In addition, it will provide information about each placement and the things you will need for that placement (e.g. if you need to bring your stethoscope).

Note placements with compulsory journals.

There are three compulsory journals that must be completed. 2016's compulsory journals were for Disability Services, Ambulatory Services and home visit. On the Cloud Deakin placement page, the placement guide gives you learning objectives that effectively make up the journal entry. Print these questions out and take them with you along with a notebook. Make sure to ask the educators on your placement the questions on these pages as this will make the journal write-up easier.

Dress code

Dress well. As if you were about to start your first day of work. It's always better to be over-dressed than under-dressed! Fellas, make sure you are wearing a button up shirt with smart pants. No denim.

Closed-in shoes are a requirement.

Ladies, keep the perfume light and try to avoid low-cut tops. If you opt for a dress or skirt over pants, have it reaching knee-length when you're sitting as a rule of thumb. When going on more 'active' placements, pants are worth considering. Heels for placement are unnecessary and probably a bad idea when you might be standing for a while (e.g. surgical placement).

lournals must be submitted within 7 days on CloudDeakin to avoid being slammed with a professionalism essay. It may sound silly but with how hectic medicine gets it can be very easy to forget about these sorts of things. Finally, these journals are hurdles requirements (i.e.don't count toward your final marks). Make sure you reflect on every visceral feeling and *thought* throughout the placement as this is (generally) what the educators are looking for. While marks don't count, you could still find yourself re-writing your journal if it's not up to scratch.

General advice

Some of the placement location sites can be somewhat difficult to find and aren't always as intuitive as you would think (for instance you have to wait in a neurology waiting room for your respiratory placement), so always allow 15 minutes on top of your allocated placement time to locate where you need to be.

Missing Placement

Claudia McLean organises and coordinates all placements.

She will come and speak to you during the first weeks and give you information regarding this. For further clarification see the placement guide (available on CloudDeakin).

You cannot swap placements with other students. Placement attendance is a learning requirement, like DOPS or a test.

Always introduce yourself to patients (this will be drilled into you). A lot of the time you will be sitting awkwardly and observing, as is the nature of being a first year. In most circumstances you will be introduced by your educator. However, showing the added initiative not only shows a level of professionalism but it also helps settle sometimes nervous patients, making them more comfortable, and they may be more inclined to allow you to perform examinations or take histories from them.

Parking

- Parking at Geelong Public Hospital can be a bit of a pain and can be expensive. However, there are a number of paid parking options around the hospital and even some free ones if you're willing to walk.

These include:

Myers street

Swanston Street

Garden St

Near Elephant Castle Hotel

Westfield always has parks if you're running late and don't mind paying.

At placement

ASK QUESTIONS!!!!! If there is one bit of advice I can give you on any clinical placement it is to ask questions. Not only does it demonstrate a willingness to learn, but it shows the educators that you are interested in medicine.

By asking questions and showing interest the educators are far more inclined to let you get your hands on real patients which in your first year of university is invaluable.

Advice for surgical placements

- **Be the wall.** If you can't be the wall, then stand as close to it as possible. I know of some people who have been able to assist on first year placements (i.e. hold things) during surgery, but this is rare. We don't know anything yet and your goal should be to observe as much as possible without getting in the way. Asking questions is, of course, encouraged (as long as it is appropriate).

- **Be comfortable.** You will be standing the whole time, so make sure you bring a spare pair of comfortable shoes, such as running shoes, to put on when you get changed into your scrubs.

- Know how to scrub in (this is covered in a DOPS early on so pay attention). Not all of you will get the opportunity to scrub in, but if you are lucky enough, the last thing you want to tell the surgeon is that you can't remember how to. It is very easy to contaminate things so make sure you have practiced a little bit before going into theatre. If you do contaminate things, tell someone. It's embarrassing but at least it demonstrates you understand the importance of patient safety. - Again, **introduce yourself**. Don't do this mid-surgery. Wait for an appropriate time. Usually you'll see the start of surgeries and be in theatre before the patient comes in, which is the perfect time to let all the unfamilliar faces know who you are and what you're doing there. (**Hint**: Introducing yourself to not just the surgeon but scrub and scout nurses is equally - if not more important as they effectively run that theatre).

- Again, **ask questions**. An important component of this is reading the room. If the surgeons are talking and/or making jokes then that is an ideal opportunity. However, if the surgeon is teaching a registrar, or if the room is dead silent then it is most likely an inappropriate time to be asking questions. That said, if you want to maximise your experience in theatre and increase your chances of getting to scrub in, then show your interest.

- If you're lucky (or some may consider this unlucky) you will get a surgeon who will ask you questions throughout, and/or explain the procedure. So be prepared to answer, if you don't know, then say so, and it will be a great opportunity to learn!

TIPS FROM THE LIBRARY

Welcome to your first year of Medicine at Deakin University. The University Library is here to support your learning throughout the course of your degree. This brief overview of what's on offer should get you off to a good start.

The Library website is the starting point for accessing the information resources you need to use to succeed in your studies. You can find many different types of resources by using the Library Search feature and searching by title, author or topic. In our collection we have copies of the titles on your prescribed and recommended reading lists, and our policy is to provide online access to these wherever possible in order to increase access and facilitate flexible study patterns.

These and other online Library resources are available for you whether you're on campus or not. Just make sure you go via the links on the Library website so that your access can be authenticated. If you're off campus you'll be asked to login with your Deakin login and in most cases that's all you'll need.

Tip: Find concise introductory texts on your topic by <u>searching</u> using your topic keyword plus one of these series titles:

- At a glance
- Medical secrets
- Fast facts
- Case files
- Ten teachers
- Clinical cases
- Essential pocket guide

at a Glance series

- Made incredibly easy

Campus libraries

While each physical Deakin campus has a library, as a first year student you'll probably be spending most of your time at the Waurn Ponds campus.

The Library there is open every day of the week and includes a 24 hour study area and computer lab, plus a Library café with generous opening hours and excellent coffee.

The Waterfront campus library is not too far away either and also has extended opening hours. The free inter-campus shuttle bus takes about 15 minutes each way and provides Wi-Fi access to passengers, meaning you can continue working while you're travelling. All campus libraries have a variety of study spaces, including bookable rooms for group study, quiet zones for individual study, and computer spaces with printers and scanners.

And of course there are plenty of books to borrow! You can have 50 items out on loan at one time but be sure to renew or return your loans by the due date as there are penalties for overdue items. This can be done online or in the library. These resources are consistently popular with our Medical students:

BMJ OnExamination

<u>UpToDate</u>

BMJ Learning

Access Medicine

Case Files Collection

<u>Acland's Video Atlas of Human</u> <u>Anatomy</u>

Amirsys Imaging Reference Center

Pathology Reference Center

Using library resources

As well as physical books, the Library has a vast collection of eBooks, meaning that in some cases you don't have to physically visit the Library to get what you need. And if we don't have an article or book you want, just let us know and we'll attempt to obtain a copy.

Beyond books and articles, there are other online tools to help you with your study. If you haven't studied at Deakin recently you may not be familiar with what's available. If that sounds like you, and you're not quite sure where to begin, then do have a look at the <u>Library Resource Guides</u>. These are Library-curated guides to some of the most useful resources for particular subjects. There are guides for Medicine, Medical Ethics and Evidence Based Practice.

BLAIR - MEDICAL LIBRARIAN

CHAT!



1 *

Get in touch with the Library

If you're struggling to find what you need, or there's something you want to let us know, we want to hear from you. You can call us, email us, Skype us or connect via the Library chat service.

Librarians are also available for face to face consultations; you can speak with the Medical Librarian in the weekly Librarian in Residence time slot or book another time to meet. The Medical Librarian also has a presence on the discussion boards on your unit and theme sites, so there's no excuse for not knowing how to get in touch!

The Library is here to help

The main message we want you to keep in mind about the Library is that we're here to help you. Whether it's finding a specific item, understanding how to use a resource, finding items on your topic, or assistance with creating an effective search, we are ready to assist. Good luck with your studies!

Advertisement 3



MEDUSA

Since the inception of the Deakin School of Medicine in 2008, students have been provided a voice via the advocacy of MeDUSA (Deakin University Medical Students' Association). As the strength and recognition of the medical school grows each year, so too does the role and structure of MeDUSA. In fact, as of January 2017, Deakin University will have graduated 6 cohorts of medical students, and MeDUSA is set to have the greatest number of representatives and events than any other year! MeDUSA is the peak medical student representative body at Deakin and as such has influence across all four year levels.

MeDUSA's main aim is to ensure students achieve and experience as much as they can whilst at Deakin University. We highly encourage you to get involved or just have a look at what we do (www.medusa.org.au) and 'like' our Facebook page to keep up to date with upcoming events (fb/medusa.deakin). A structured committee helps us achieve our aim of supporting students. As such, we have an executive committee which run MeDUSA, and a general committee which help to oversee the day-to-day duties of the organisation.

There are also

sub-committees

including a preclinical committee (where first year students can get involved!), a committee for each clinical school, and there are currently 2 special interest groups that fall under the MeDUSA banner (DSIG and Crossing Borders); which you can read more about further in the survival guide. Nonetheless, the structure - along with our sponsorship partners - offers a great platform upon which we can offer social events for first years such as MedCamp, cocktail night, and med ball; whilst providing student representation at various levels including within the School of Medicine, the Medical Student Council of Victoria (MSCV) and Australian Medical Students.

We also seek to reach out to the wider community via helping to raise funds for various organisation and charities including Cancer Council, Beyond Blue, Diversitat, and Movember; coordinated by our Health and Wellbeing team.

There are so many avenues through which MeDUSA enhance the student experience, but suffice to say, MeDUSA will always be here to support you in this incredible journey you are about to embark upon!















Beza Abegaz Rebecca Lever Melissa Catanzarite **Jane Fraser** Ballarat 3rd Year Rep Ballarat 4th Year Rep Eastern 3rd Year Rep Eastern 4th Year Rep



Nathan Duong GCSC President



Andrew Pham GCSC Secretary



Georgia Knapp GCSC Sponsorship Officer



Sian Brooker GCSC 3rd Year Academic Rep



Rachel Shingaki-Wells GCSC 4th Year Academic Rep



Rebecca Barrett RCCS Representative



Alana Greenberg DSIG Clinical Representative



Jazmin Fisher GradBall Co-Convenor



Madeleine Smith GradBall Co-Convenor



PRECLINICAL



Ryan D'Cunha Preclinical President



Blake Vorias Preclinical Vice President



Jordan Walter Preclinical Academic Representative



Kimberley Houlihan Preclinical Community and Wellbeing Rep



Dana Jover Preclinical Social Representative



Lani White Preclinical Social Representative

GETTING INVOLVED WITH MEDUSA

RYAN D'CUNHA

MeDUSA offer many positions that you can get involved with as a first-year medical student. Being involved with MeDUSA allows you to develop skills that will be useful to you as a future doctor, while providing you with an opportunity to make medicine at Deakin better for yourself, your peers, and future medical students.

It is worth considering what your interest are quite early, as the elections for first year students happen a few weeks into the course. If you want a better insight, have a chat to some of the students who have held these positions before (a list of which can be found on the MeDUSA website). There is great diversity in the options available to you, and if you want to get involved there should be a position that suits you, some of these are listed on the following page.

In addition to these MeDUSA positions, there are several subcommittees that coordinate with MeDUSA that you can get involved with; Crossing Borders, UHAD, GPSN and NOMAD offer numerous positions to get involved! **First-year Academic Rep** – Working with the staff and students to ensure there are no issues with the course. This position also allows you to get involved in implementing change for future medical students.

First-year Social Rep – Get involved in organising the events that keep everyone running. From small things at the uni to med ball, this position truly allows you to be truly immersed in the cohort and MeDUSA.

First-year Community/Wellbeing Rep – Help to coordinate events that are aimed at promoting student wellbeing (it's easy to go crazy in med).

First-yearAMSA Rep – Represent the views of Deakin medical students to AMSA, dealing with some of the bigger picture issues that face us as students and future doctors.

First-year DSiG Rep – Deakin Surgical Interest Group Rep coordinates events related to surgery including anatomy sessions, surgical night, presentations from surgeons, etc.
AMSA

The Australian Medical Students' Association (AMSA) is the peak representative body for the 17,000 medical students across Australia. The mandate of AMSA is to inform, connect and represent students from all of Australia's 21 medical schools. Whilst AMSA is involved in a whole bunch of events, activities, and campaigns, there are two things that are crucial to know about AMSA to be a Deakin medical student:

1. Convention

2. Vampire Cup

Convention is an institution of the medical calendar and a must-attend at some stage of your medical student career. Tickets are hotly sought after and sell-out within minutes. So, stay tuned.

amsa

Each August and September AMSA runs, in conjunction with the Australia Red Cross Blood Service, the Vampire Cup. This competition pits the 21 medical societies against each other. The university with the highest percentage of blood donations over the period is awarded the prestigious Vampire Cup.

Deakin took out the Vampire Cup 5 years in a row, however, it was stolen from us last year by Australian National University so we are looking to (must) reclaim our glory in 2017, so roll up those sleeves!

AMSA has an active advocacy and media team that allows medical students to have a strong voice. AMSA advocacy acts in the interest of the medical student body both nationally and locally. The key priorities over the last few years have included; student mental health, quality and consistence of medical education, and the provision of sufficient quality medical internships, among many others!

In the interests of brevity, I have only discussed two components of AMSA. However, AMSA is a wide and diverse organisation that aims to challenge and engage each and every medical student. AMSA runs a Global Health Conference, a National Leadership Development Seminar, a Mental Health Campaign, GlobalEx, AMSA Academy, Blue Week, and much, much more! - Get involved today!

AUSTRALIAN MEDICAL STUDENTS' ASSOCIATION



If you are interested in getting involved with AMSA advocacy or any of the other opportunities listed please contact your Deakin AMSA representatives at amsa.clinical@medusa.org.au



AMSA: CONVENTION

AMSA CONVENTION 2017

In July 2017 AMSA's National Convention is going to Sydney. The largest student-run conference in the world and an event like no other. 1500 Australian and New Zealand medical students will descend upon Sydney for five days of inspiring academics; with past speakers having audiences in stitches, tears and standing for applause; as well as offering numerous workshops which challenge your skills and broaden your horizons. It also features seven nights of the most hectic social events, including parties which are still talked about years later. Convention creates friendships and memories that last a life time! Keep an eye out for announcements from your AMSA representatives to learn more about how you can attend Convention '17, or click here.

TOM RICHARDSON

AMSA CHAIR

NLDS

The National Leadership Development Seminar (NLDS) is a phenomenal four-day educational and networking experience. Medical students from all over Australia gather in the chilly Australian capital to hear world-renowned medical and non-medical experts discuss how they achieved their successes and survived their failures; while providing rare insights on leadership and what their fields might look like in the future.

Speakers ranged from the outgoing head of the Australian Medical Association; Brian Owler, to Minto Felix; prolific board member of Minus 18, arguably the most innovative and successful LGBTIQ+ youth organisation in the country. A particularly moving speaker was the leader of the 2014 G20 Youth Summit; Holly Ransom, who provided fascinating insights on leading the first Youth Summit to impact the decisions of the United Nations.

> Holly inspired everyone in the room to seize every opportunity, especially when it is out of your comfort zone. NLDS also included two intensely thought-provoking panel discussions, which encouraged the audience to consider the issues of Indigenous health and progress in Closing the Gap, as well drug addiction and the advantages of approaching this complex issue from a public health standpoint, rather than a criminal one.

Each day we learnt practical skills in small workshops; including public speaking, writing an op-ed, running successful events, company leadership and how to be a "media tart". On the final day, leadership boot-camp gave us the opportunity to practice our newfound skills and incorporate abounding inspiration to generate novel ways to address issues that were important to us; including women's, refugee and rural health equity and health education. I am certain we will see some of these brilliant ideas revolutionise global and Australian health in the not-so-distant future.

NLDS was an absolutely fantastic conference from which I've come away with new friends and an inspired outlook on leadership. I would encourage anyone with an interest in leadership, or who wants to be a driving force behind future changes in Australia's healthcare to attend!



For more information fb/NLDSAustralia



GOSS

TRAVEL AND CONFERENCE SUPPORT SCHEME RECEIVE A GRANT OF UP TO \$500 TO COVER YOUR CONFERENCE EXPENSES

4 ROUNDS OF APPLICATION THROUGHOUT THE YEAR



FOR MORE INFORMATION, EMAIL <u>TSCC@MEDUSA.ORG.AU</u> OR GO TO MEDUSA WEBSITE www.medusa.org.au/tcss.html

ATTENDANCE & CONFERENCES

Attendance at Problem Based Learning (PBL) tutorials, DP clinical tutorials, as well as community and clinical placements is **compulsory**, except where permission for absence has been sought (for medical or other significant reasons) and approved by the Unit Chair.

Eligibility for reassessment examinations is contingent on the student's record of attendance in compulsory learning activities. To be eligible for reassessment a student must have no more than 2 non-approved absences for each of the compulsory learning activities.

Absences due to attendance at conferences *

1. A foundational principle of the guidelines is that students will take responsibility for the decision as to whether or not to attend a conference. The School recognises the students as adults; who should be making decisions for their own learning.

2. Students are responsible for identifying themselves as borderline and consider this in the context of missing learning activities. It is each student's responsibility to be aware of the course progression rule in relation to mandatory learning activities and the consequences for absences. These can be found in relevant Unit Guides.

5

3. The School will not re-schedule any timetabled learning activities, academic tasks, assessment dates, placements or release of results for students absent for the purpose of attending a conference.

4. Any placements missed for the purpose of attending a conference will be considered a 'missed' placement.

- Abridged from student guide; please see guide for full details or contact SoM for clarification.



DSIG

The Deakin Surgical Interest Group (DSIG) is a student-run organisation under the Deakin Medical Students' Association (MeDUSA), built on the foundations of our members' common interests in surgery. Since its establishment in 2012, DSIG has continued to develop each year, such that we now offer numerous annual seminars, including Careers in Surgery, Women in Surgery, as well as the Surgical Skills Workshop. Through these events we not only

strive to share our passion and excitement for surgery, but aim to facilitate networking opportunities between students and respected members of the surgical community, as well as other Surgical Interest Groups around Australia.

Our Careers in Surgery seminar marked our first event for 2016, and exposed students to the remarkable life stories of some of Geelong's most respected and accomplished surgeons.

Subsequently, the Women in Surgery seminar provided an opportunity for students to meet and learn from practicing surgeons, and offered invaluable insights into the professional journey of a female surgeon. Finally, our Surgical Skills Workshop once again proved to be a major success, providing students with an opportunity to learn core surgical skills, including suturing and knot tying, from surgeons themselves.

In addition to these seminars, DSIG has been progressively developing surgical anatomy tutorials.

These tutorials, coupled with the remarkable insights provided by the surgical registrars who have volunteered their time as tutors, are continuing to grow in popularity and proficiency.

The anatomy tutorials will continue to be held regularly throughout this coming year.

We are excited to announce that our agenda for the year includes our surgical seminars, surgical skills workshops, as well as our anatomy tutorials, plus one or two additional events – more on that to come!

For more information, email dsig@medusa.org.au,

or go to fb/DeakinSIG





CROSSING BORDERS

Crossing Borders is а medical student-run initiative which aims to reduce the barriers in access to healthcare for refugees and asylum seekers. Crossing Borders was established at Deakin University in 2013 and continues to raise awareness of the pertinent health issues surrounding refugees and asylum seekers, both those contained within indefinite detention, and those who have been resettled into the community. Crossing Borders internationally is an recognised organisation, the Deakin chair operates closely with colleagues at Monash University, University of Melbourne and AMSA Global Health.

Crossing Borders is a great way to become engaged with global health issues, and to

broaden your understanding of the challenges faced in trying to provide the global community with health equity. We run events and programs for those who would like to be more informed about refugee health and wellbeing, and to promote cultural awareness, with a particular focus on healthcare. Last year those events included a refugee health information session, a screening of the film 'Chasing Asylum' as well as the colourful event 'Feast on Diversity'. Crossing Borders is designed to cater to a scope of members, whether you're not really sure what the difference is between a refugee and an asylum seeker is, or you're already planning the dream Medecins Sans Frontieres mission, we'd love to hear from you!

REBECCA LEVER



For more info, check out fb/crossingbordersdeakin/

GPSN

ANGUS MCCORMACK

GPSN CHAIR

General Practice Students Network (GPSN) is a student-run not-for-profit organisation with the main goal of advocating for General Practice as a viable specialty and career path (how often has someone asked if you want to specialise or *just* do General Practice?). However, we do much more than that;

not interested in pursuing General Practice or you just want to keep your options open, GPSN is a fantastic organisation that you should strongly consider joining! With members at all 21 (soon to be 22) Australian medical schools, GPSN runs fantastic events and networking opportunities throughout the

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if you're

year.

Previous highlights include the clinical skills sessions at MedCamp, a tour of the Ballarat Clinical School, and the famous trivia night. This year we're looking to up the ante and run more events to give you further opportunities to engage and network with local practitioners, gain some early patient

> advocate for

opportunities for

your clinical skills in a community health setting, and get more involved with GPSN and advocacy at the national level. You could even get involved with one of the national working groups to learn about actively engaging with your local community and their health, explore ways to get involved in improving rural and indigenous more and higher quality

contact

and practice

health,

rural placements for you and your peers, engage in research, and plenty more. Also, if you're passionate about primary health, rural or indigenous health, leadership, or advocacy, and want to make a real difference then consider applying for a role on the GPSN General Committee; elections will be held early in semester one. Come down to our stall in O-Week, sign up, and have a chat to the team to see what we're all about!

fb/DeakinGPSN for more info



NOMAD

NOMAD is Deakin University's multidisciplinary rural health club. Its main goals are to promote rural health careers to students and increase awareness of the issues surrounding rural and indigenous healthcare in Australia. As the Deakin Medical School was founded to address the rural workforce shortage, NOMAD plays a large role in engaging students in rural health. The club operates across Deakin's four campuses with members from many of the other Deakin health disciplines including: nursing, optometry, medical imaging, occupational therapy and medicine.

All students studying any of health disciplines are encouraged to join, with various benefits offered to students throughout the year, such as accommodation reimbursement for placements, or even reimbursements for textbooks.

NOMAD Events:

- Barefoot bowls
- Teddy Bear Hospitals
- NOMAD Country Fair
- High School visits
- Clinical School visits
- Close the gap day
- Gala Dinner
- OSCE practice events
- Clinical skills sessions
 - Golden Slipper

One of the major highlights is participating in the Teddy Bear Hospital program. This program is delivered to prep/grade one students, with students delivering a range of fun activities aimed at improving health literacy and promoting healthy behaviours.

Another highly anticipated event is the GALA dinner. Held later in the year, this event is a great opportunity to network and listen to an array of engaging speakers while eating at a fine dining establishment.

There are multiple benefits for medical students including mock OSCE events and networking with current doctors with interesting and individual career paths.

> Early on in the year we will be holding our annual general meeting, electing the remainder of our committee. To stay informed like our page on Facebook (@DeakinRuralHealth) or contact us at <u>nomad@nomad.org.au</u>. We look forward to meeting you all in 2017!!

UHAD

Congratulations on making it in to med school at Deakin! Your pre-clinical years are the perfect time to start exploring your interests in medicine – and for many medical students, that includes global health. Global health is the idea of creating health equity across the world, and in particular pursuing better health for citizens of countries with greater health challenges and/or fewer resources to confront them with.

(Universal Chealth At Deakin) is Your AMSA-affiliated global health club, meaning you will be inked in with similarly-interested students at medical schools across Australia. There is even the opportunity to attend the yearly AMSA Global Health Conference, a student-run conference with experts in global health providing inspiring and eye-opening talks.

UHAD

There's also an outstanding social program, with parties and even a formal ball in the evenings. Throughout the year, UHAD hosts a variety of events to keep you excited about global health, including educational seminars, fundraising challenges (everything from basketball tournaments to anything-but-clothes parties), and social activities like movie nights. A highlight of 2016 was 'Feast On Diversity' - collaborating with Crossing Borders, we hosted an actual feast with incredible home-style Iraqi, Afghani, and Sudanese cooking, , live music performances from a variety of cultural groups (the dance floor was loose!),

Our 2017

program is sure to be another hit so be sure to become a UHAD member! Sign up online via DUSA or at the DUSA office. Click here for more information! and soccer matches. This incredible gathering of Deakin students and Deakin students and members of the local members of the local was unlike anything else!

ALANA GREENBURG

JOHN FLYNN PLACEMENT

PROGRAM

Medicine abounds with opportunities; those, which allow us to better understand cultures, to further our learning and contribute in a meaningful way to communities. As medical students, these opportunities have a profound influence on our direction as future doctors. In line with my passion for rural medicine, I applied for the John Flynn Placement Program (JFPP) this year and was lucky enough to be accepted. Even if you're not interested in rural practice, you get so much hands-on experience on placement

t your peers won't often get until their intern year. The program offers students the opportunity to work alongside medical practitioners in a rural and remote community for eight weeks over the course of our four-year postgraduate degree. Placements are exotic and varied, this year Deakin students found themselves on placements in Darwin, Mount Isa, Byron Bay, rural Tasmania and for me, in the South Western Queensland town of Roma.

that

The

town of Roma was a far cry from my expectations of rural Queensland. Having spent much my undergraduate and high school weekends dotted throughout rural victoria, my expectations of rural Australia were largely defined by R.M Williams, Moleskins and John Deere combine-harvesters. However, Roma accentuates what it means to be rural, locals walk around proudly wearing Akubra hats,

burrs on the back of boots and belt buckles bigger than a medical student's ego. The town boasts of the largest cattle sale yards in the southern hemisphere and has been largely been propped up by the mining industry for the last decade. As part of my placement I spent three weeks at the Roma Hospital and stayed at the 'nurses quarters' with junior doctors and other allied health professionals. Roma hospital is a thirty-nine-bed hospital,

with an operating theatre, emergency department, intensive care ward and antenatal clinic. Throughout my three weeks at the hospital I was given ample opportunity in all four areas with a strong emphasis on emergency medicine. In accordance with the vibrant demographic, hospital admissions were always animated. We saw patients ranging from those critically injured in motor vehicle accidents, to snake bites and farm-related trauma. had several days in theatre with a general surgeon, gastroenterologist and ophthalmologist, all of which allowed me to scrub in and assist where possible. And we saw a varied list of conditions and surgical procedures, which were as fascinating as they were exciting. I spent one day in the antenatal clinic speaking with expecting mums and practicing performing neonatal ultrasounds. However it was my trip with the

received at the hospital; I developed a deep appreciation for the local community and what it means to be a rural doctor. In a climate where good doctors in the country are few and far between, this exposure has been invaluable and has left a lifelong impression on me. An impression that I hope will inspire others to contribute to our great geographical medical divide.

Royal Flying Doctor Service to Emerald, 400km North of Roma, which I consider to be the most exciting component of my placement. I spent the day with a general surgeon seeing patients and scrubbing in for surgery and flew home in the cockpit with the pilot observing the intricacies of flying into the dusk over rural Queensland. Despite the array of clinical opportunities I was offered, my placement was bigger than the clinical experience

> JFPP info session will be held early in the year on-campus at Deakin. In the mean time, head to ACCRM.org.au for more information

A



OPPORTUNITIES

SARAH GARRY

My ethos since day one of medicine has been "apply for everything you possibly can, even things that you don't think you're eligible for and see what happens". You need an open mind and a thick skin, but it invariably paid off for me when I applied for and was offered a sponsored place at the annual conference of the Australian College of Rural and Remote Medicine (ACRRM). So, I headed to Canberra with a mild interest in rural medicine and a lot of curiosity, and those four days

ended

up being some of the most enjoyable and informative of my whole year. Big call I know, considering in the same year we got to appreciate John Watson in both an educational and musical capacity, but I stand by that statement nonetheless. , I got to meet (and dance with) the President of ACRRM, talk to some amazing doctors about their work in rural Australia, swan around Old Parliament House for a fancy dinner, make some really great friends and Because clinical conferences are aimed at clinicians, they are super interesting, really relevant and attract doctors and students from all stages of their careers, so lunchtime chats are always different. The downside is that they can be a bit pricey, even for students. So keep an eye out for competitions, incentives and bursaries that might be available to help you get there. You have nothing to lose by applying and everything to gain.

With the benefit of hindsight, here are my tips for broadening your horizons during your first year of medicine:

> Apply for everything you can, and then some.

Don't stress about missing class to go to a conference; you can always catch up when you get back, and the things you'll learn will be far more valuable than some of our drier lectures anyway.

Get Twitter, doctors are mad for it as a way to connect and share ideas and it's a great way to keep in touch with anyone you meet.

Talk to as many different people as you can, even the guy who's probably some eminent and intimidating professor. Worst case scenario he'll just tell you to sod off, in which case he wasn't worth talking to anyway. Best case you'll find a new friend, have an awesome conversation or meet a potential mentor.

Go to the sponsors stalls and take as many freebies as you can carry. If things break, or they run out because the rest of your cohort took my advice, a friendly email will see you with some new merchandise. They *really* want to give you things with their brand on it.

WHAT YOU CAN LEARN OUTSIDE THE LECTURE THEATRE

Entering the first year of medicine, you might have a rough idea of what you want to do afterwards, or you may have no idea at all and that's totally okay! Conferences are a great place to start in terms of shaping your thoughts on what you want out of your career. But also, its an opportunity for you to travel, meet new people, network and learn.

speeches about their individual specialities; which included general surgery, cardiothoracic, obstetrics and gynaecology. Additionally, booths were set up with information on entry requirements into surgical programs, surgical tools and procedural videos as well as the opportunity to ask surgeons questions, which I found particularly useful.

Always have always had an interest in surgery even before starting medical school, which was why I decided to attend the Australasian Students' Surgical Conference (ASSC) 2016. ASSC was a 3-day conference held in Brisbane during late April/early May. The conference opened with a careers (cocktail) night hosted at the Hilton, where various leading surgeons gave

The mornings of the conference involved academic sessions with keynote speakers such as Dr. Brent McMonagle, an ENT and skull base surgeon, researcher and philanthropist, who reminded us the importance of hard work in medicine/surgery but also instilled the idea that we can achieve anything if we put our mind to it. Other keynote speakers included Dr Nicola Ward, an orthopaedic surgeon and Captain Eric Elster, a military, critical care and transplantation surgeon,

as others who offered career advice and glimpses in what it's like in 'the life of a surgeon'. The afternoons consisted of surgical skill workshops which were my favourite part. We learnt how to do surgical ties, suture, remove cysts, laparoscopy and perform skin flaps. These were all unique skills that you only get an opportunity to learn later in your clinical years, so it really was an invaluable experience - particularly for a first- year medical student.

as well

nt. Lastly, the ASSC Gala Ball held at the gorgeous Victoria Park Marquee deserves a mention, as it was loads of fun (say hello to open bar), included a 3-course meal, live band, photobooth and was a great opportunity to make new friends!

After leaving ASSC 2016, just like after leaving any conference, I felt inspired and more informed than ever before. Conferences really give you a new and different perspective and I am yet to hear any bad things about attending one. Plus, you make heaps of new friends from different medical schools and get to see what medicine really has to offer outside the scope of the course itself. I would highly encourage you all to attend as many conferences as possible, because I guarantee it will be worth your while!

MADISON PHUNG

Advertisement 4



10 NUTRITIOUS POINTERS

a weekly routine. Decide when to shop, cook and eat! Include the following:

Meal Prep. Monday night is a great food prep night (but pick one that works for you). Classes finish at 5pm, which gives you time to head to the shops (to pick up groceries and cook at home)



Get into

shopping list and never go shopping hungry! It'll save your wallet, your waistline and your watch – lists are a fantastic time-saver. You'll find your weekly budget is pretty tight, but you can plan ahead with apps like Wally (track your spending) and Coles (where you can make a shopping list, and it will give you current prices and where to find everything in your

local store!!

Cook in bulk. Time savers =

life savers; freeing up time to study, exercise and be social! I only cook 2-3 nights a week, each time I make enough food for three meals. One to eat immediately, one for the fridge, and one for the freezer for a rainy day!

Healthy Snacks. Always have

nutritious easy to access food in the pantry, fridge and your locker. When hungry... Munch on almonds, carrots and apple pieces. Aldi has well-priced almonds that taste amazing when toasted. Just chuck some in the oven on 130 degrees for about 45mins for a crunchy snack. Sweet tooth... Homemade goodies like chocolate balls tend to pack less of the nasty stuff like saturated fats and salt, or good ol' dates hit the spot. Avoid refined sugars in processed food which are guaranteed to make you crash!

> 2 for lunch, 3 for dinner.

To ensure you're eating enough vegetables each day, make an effort to have at least 2 for lunch and 3 for dinner. This way you're at least getting your recommended number of servings, and bonus points for veggie snacks throughout the day. FYI chips don't count!

Swap coffee for water

and fruit. If you don't already drink coffee; welcome to your new-found love! If you do; good luck ever giving up now... T Before reaching for coffee, try drinking a decent amount of water. Pack yourself hydrating fruit to get that blood glucose level up and prevent 3:30-itis! Grapes, watermelon, strawberries, apple, pear, kiwi, peach, nectarine, mandarin or oranges are great!

to limit yourself to one a day! TBH

TRY

coffee at Deakin isn't amazing... But that's a great opportunity for DIY-coffee (bring your milk and coffee plunger... It's not as good, but saves \$\$ and usually less caffeine! These items can be stored in the common room, or your locker). I guarantee you'll feel tired/sluggish by 3pm most days, this sucks when you're in the 3pm prac group and you've already had a

morning coffee!

Often you'll feel this way

because you're dehydrated or have low blood sugar. Before reaching for coffee, try drinking a decent amount of water. Pack yourself hydrating fruit to get that blood glucose level up. Grapes, watermelon, berries, apple, pear, kiwi, peach, nectarine, mandarin or oranges are my personal favourites. Sim to eat something green with every meal! The colour of food is due to phytochemicals. Each phytochemical produces a different colour and has unique functions in the body. For example, anthocyanin makes food purple and acts as an antioxidant! The greater the variety of colours you eat, the greater the diversity of micronutrients you'll

1

get!

Eat

the rainbow.

Drink Tea. Green

tea is high in antioxidants and contains caffeine. Therefore, it's a healthier alternative for coffee! Peppermint tea is great after dinner to aid digestion!



9

to your food. These gems contain a diversity of minerals, vitamins and phytochemicals with a range of anti-inflammatory and antioxidant properties! Include as your pantry staples: coriander, cumin, pepper, paprika, chilli, turmeric, oregano and cinnamon!

GENEVIEVE MOSELEY

OMMUNITY & WELLBEING CHAIF

MED LIFE: On a plate

2

GENEVIEVE MOSELEY

BREAKFAST

BREAKFAST Granola

The perfect topping for a smoothie bowl, porridge or combine with raw oats, milk and fruit for a deliciously filling muesli.

INGREDIENTS:

Dry ingredients:

2 cups rolled oats

2 cups millet puffs (optional & can also use other puffs e.g rice puffs (aka rice bubbles) ... Just be careful which bran you choose! Many have added sugar and salt!

1 cup chopped almonds
⅓ cup sunflower seeds
1/3 cup LSA mix
1 tbsp cinnamon (2 if you love it like me!)
1 tsp nutmeg (optional)

Sweetener/binder: About 20 dried dates* ¼ cup rice malt syrup/honey ⅓ cup chia seeds

HOW:

- Turn oven onto 100 °C

- Soak dates in ½ cup of boiling water (or enough water so all dates are covered)

- In a separate small bowl, add chia seeds and cover with boiling water (about 1/2 cup), mix and let sit for 5 minutes

- Roughly chop almonds into about 5mm pieces (alternatively you can put them in a bag and smash them with a hammer - it's much quicker! Or pulse them in a blender, but this make them very fine)

- Mix all dry ingredients into a bowl.

- In a blender add dates and water mix (dates should have softened) and honey/rice malt syrup*. Blend.

- Add chia seed mix and ½ cup warm water and blend again. Consistency should be runny like a pancake mix, if too thick, add more water.

- Stir the wet mixture into the dry ingredients. Add wet mixture slowly as you mix. You should form a mixture of muesli clumps and some loose ingredients, giving the granola a variety of textures.

- Line 1-2 trays with baking paper and pour mix onto tray.

- Place in oven for 1-1.5hrs on 100°C.

- Check every 20 mins. You want the muesli to dry out and go a light brown colour.

- Let granola cool and store it in a jar and it will last a few months!

MORNING MUNCHIES



With lectures starting at 8am, you're sure to be hungry and in need of sustenance by 10am!

1216 9 2

Grab a coffee, or better yet, swap it for a green tea!

Pair it with: rice cakes and peanut butter **OR**

a handful or almonds

OR

a handful of breakfast granola

AND a banana

These healthy fat sources will help to keep you satisfied until lunch!




LUNCH

DIY Salad

Here's a simple DIY salad building guide to inspire you to get creative with your lunch and ensure your lunch has the macro and micronutrients you need to sustain you throughout the afternoon! You want to:

- Be satisfied

- Eat enough quality food to sustain you throughout the afternoon

- Not over-eat or eat foods that will make you sluggish!

Mix it up each week with Mexican, Asian and Mediterranean inspired salads so you don't get bored! Each amount below is an approximate of what you'll need for one lunch... but this will also depend on how much you eat! Multiply these ingredients for bulk meal prepping!

TIPS

#1 Make lunch a job for meal-prep Mondays! Buy 5 containers and make all your lunches for the week! I always add the spinach/lettuce, fat source and dressing the night before or in the morning!

#2 In winter I use baby spinach and choose veg that taste okay heated so I can chuck my salad in the microwave if it's cold.

INGREDIENTS:

Salad base mixed lettuce or baby spinach leaves, a moderate handful

Vegetables Raw veg: Depending on the week and what's on sale at Fruit Shack.

Pick 3-4 each week to use.

¹⁄₄ tomato | ¹⁄₄ cup diced cucumber | ¹⁄₂ carrot sliced/grated | ¹⁄₄ cup frozen corn | ¹⁄₄ cup diced tinned whole baby beetroot

¹/₄ cup diced capsicum

Medium handful of sliced raw cabbage Baked Veg (extra or substitute):

Cubes of sweet potato and pumpkin. Toss in paprika, coriander and cumin and a dash of olive oil and bake in oven on 180°C for 45 minutes.

Protein

<u>Lentils or chickpeas:</u> rinse and either add them raw (if you're lazy like me!) or lightly fry in a pan with garlic, paprika and cumin | <u>Chicken</u>: chop into cubes and lightly fry with garlic and mixed herbs | <u>Boiled egg</u> | <u>Tofu</u>: slice into cubes and lightly fry with garlic, ginger and soy sauce | Sweet potato and lentil patty, or falafels – if you're feeling inventive!

Carbohydrate

Endless options! You can toss a 1/3 cup of grain through your salad: rice | quinoa | cous cous

or chuck your salad into <mark>a wrap or between two slice</mark>s of bread!

Fat

1/3 avocado | 1 tbsp hummus | 1 tbsp of pepita seeds, sunflower seeds or almonds

Dressing (optional)

Your simple Balsamic vinegar Dash of soy sauce for an Asian inspired dressing

Lemon honey mustard dressing: Make a big batch and store it in the fridge, it will last a few weeks at least! Combine: 1/3 cup lemon juice ,1 ½ tbsp dijon mustard, 1 tbsp honey, ½ tsp grated ginger, ½ tsp ground pepper.

*optional – 2 tbsp olive oil, 1 tsp grated lemongrass

AFTERNOON PICK-ME-UP

Fruit Bowl and Choc bliss balls

Fill up your bottle of water, cut up some fruit and grab a chocolate bliss ball to overcome that afternoon slump!

104

BLISS BALLS

These little balls are the perfect little treats to bring to uni to satisfy those sweet cravings that set in during Monday afternoon lectures or as a healthy dessert! Store them in your freezer so they won't go off! *INGREDIENTS*:

½ cup rolled oats | ½ cup almonds | ½ cup desiccated co<mark>conut | ¼ cup</mark> LSA mix | 1/3 cup cacao powder | 5 medjool dates | 2 tbsp water

STEPS:

- Add to a food processor rolled oats, coconut, LSA mix, cacao powder and almonds, blend until the almonds are a mixture of almond meal and almond chunks.

- Remove the pip from the dates and add them to the blender. Blend until the dates break apart

- Slowing add water to the mixture while it's blending. The mixture should clump together into one ball. Roll ½ heaped tbsp. of mixture into balls

- Roll balls in desiccated coconut, LSA mix or chia seeds

TIPS If you don't own a food processor!

You can smash up the almonds in a bag with a hammer (they won't be as fine though) or buy almond meal & leave out the oats (oats are mainly for bulk).

Use 1/3 cup honey/rice malt syrup instead of dates, mix this with ¼ cup of hot water first to make it more runny. Stir all ingredients in a bowl and add water if the mixture is not sticking together.

DINNER

Simple Stir Fry

TIME POOR/MONEY POOR STUDENT TIPS!

#1 If you can't put aside time to buy and chop your own veggies, or you end up letting your veggies go off, buy frozen ones. Just be aware they don't taste as good and you only need to cook them for 1-2 minutes (just to defrost them).

#2 Don't waste your money on packaged sauces... make your own for a fraction of the price!

INGREDIENTS:

Choose your veggies

Carrot | capsicum | zucchini | onion | broccoli | broccolini | beans | snow peas | cauliflower | bok choy

Choose your protein (optional)

Tofu | Chicken | Chickpeas | Beef

Choose your carbohydrate source (endless choices)

Basmati rice | brown rice | quinoa | vermicelli noodles | buckwheat noodles | flat rice noodles

Choose your sauce

Thai Peanut (Lime juice + peanut butter (99% peanut ones tastes best!) + curry powder + fish sauce + coconut milk/almond milk + garlic)

Fresh Vietnamese (Lime juice + fish sauce + rice wine vinegar + rice malt syrup + garlic + chili)

Honey soy (ABC sweet soy + soy sauce + ginger + garlic)

Garnish

Crush up a few peanuts or sesame seeds to sprinkle on top, with a drizzle of Sriracha!

STEPS:

- If you're using rice, start cooking it! Over the stove, in the microwave or in a rice cooker!

- Chop up your protein source. Fry in a non-stick wok with ginger, garlic, finely chopped birds eye chili (*optional if you like it hot!) and a dash of soy sauce. Put protein to the side.

- In the same wok, fry up your veggies! No oil needed, just add a bit of water to stop the veggies sticking! The trick to ensuring all your veggies cook evenly is to add your veggies into the wok at different times. Start by frying your firmest veggies like carrots, broccoli stalks, capsicum, these need to cook the longest! Then every few minutes add the softer veggies e.g. cauliflower, beans, broccoli and ½ tsp garlic and ½ tsp ginger. Finally add your onions, broccolini heads, zucchini, snow peas and bok choy. These don't need very long at all to cook!

- If using noodles, boil the kettle and in a small pot add noodles and boiling water. Cook on a low heat for 2-3 minutes (time will depend on the type of noodles)

-Whilst noodles are cooking, make your sauce! I usually make this in the wok with the veggies adding the sauce ingredients when I add in my last few veggies. However, you can make it in a separate saucepan and add it at the end if you prefer!

- For the **Thai Peanut Sauce** combine 2 tbsp peanut butter, 3 tbsp lime juice, 1-2 tbsp fish sauce (depending how fishy/salty you like it!), 1 tsp curry powder, ¼ cup almond or coconut milk. Depending on what sauce consistency you like add more milk or water it down with boiling water.

- For a thicker sauce, combine milk with ½ tsp of cornflour. Add your protein back into the wok and stir! Drain your noodles/rice. Either add these to the wok or directly into your bowl.

- Dish up your veggies, add your garnish and enjoy!

STUDY SNACK

Quick and easy!

Ingredients:

- Bread of your choice (breads with wholegrain will give you more of a nutrient boost)

 Canned tuna (packed full of omega-3s to keep your brain ticking over!)

- Danish feta (the most creamy and my personal favourite; but could be substituted for avocado)

- Dill (or other garnish of your choice)

Steps:

- If you like it toasted; toast your bread

- Mix feta, tuna and dill
- Put your tasty mix on your bread!

Bon appetit!

GYM REVIEWS

We all know the benefits of exercise; we'll live longer, be happier and learn faster. As many of you are relocating to study, here are user-reviewed gym descriptions from different places to pump iron around Geelong to help you find your perfect match!

LEISURELINK

* Located just next to Wo Po shops *

Features:

o Extensive class timetable, with all the typical LesMills classes, yoga, pilates, boxing, cycling, and boxing

o Large gym with plenty of cardio and weights machines

- o Outdoor workout area
- o Swimming pool
- o Water slide (!!)

Cons:

* The heavy weight section at the back can be dominated by macho men at peak times, which can be intimidating

Pros:

* The class timetable is massive *

They have a "motivate" program included in the membership, which involves small (maximum 8-10 people depending on the class) group classes lead by an instructor

* No joining fee periods:

o Leisurelink has these quarterly (approx.), so if you're thinking of joining, look out for these!

They also so have specials where they wave the joining fee as well as giving a friend who refers you a month's free membership. There's lots of medlings at Leisurelink, so if you're joining in this period and don't know anyone else there, ask around, it's a great chance to make gym buddies as well as sharing around the discounts!

* You're not locked in to a 12-month contract, so if you decide you don't like it, just give them a month's notice and you're out, fee-free

* At the end of semester you can put your membership on hold, for free, i.e. not pay over summer

> KIMBERLY HOULIHAN

* Not open 24/7

GOODLIFE GEELONG

CLARE VINCENT

Location:

312-320 High Street, Belmont

Price:

between \$15-\$20 a week depending on level of access

Hours:

24 hours (great for procrastacising)

Equipment:

- Great versatile weights area (free weights and racks, plus a heap of machines including TRX and cables)

- Large cardio range - Heaps of group classes (I recommend trying the Boxing, and Tuesday Yoga)

- Dry/wet sauna (great for when you have a cold or just in winter)

- Good changing facilities and showers so you can go before Uni (it is possible to go before a 8am– Gen is a seasoned veteran at it)

- Friendly personal trainers (can have a free session when you sign up to get you started (called an Activate session) Hot tips:

- Look on the website and Facebook page for free trials and deals so you can see if it fits.

- Sign up with a friend to get a good deal and a workout partner

- Ask the second years (there are a large number of us who attend, myself included); we are happy to bring you in and help you get a good contract)

Contact me if you have any questions!

ANNA GROVE – JONES

SNAP FITNESS

Location:

26 Rossack Drive, Waurn Ponds, VIC 3216

Membership:

When I joined Snap, there was no joining fee. I paid \$50 for the key card and received the first month free. After this period, I paid \$14.95/w on a monthly contract, but this price is variable depending on what offers are currently available.

I believe free trials are always offered.

When cancelling a membership, you will have to pay one extra month (you can use the gym during this time), which is something to be wary of if you decide to switch gyms.

Features:

The gym has relatively basic facilities and no classes. It is a small space which may not suit everyone, especially experienced gym-goers.

It is also open to members 24 hours a day, which is convenient if you are nocturnally inclined.

About the gym:

I joined Snap as I was able to pay a monthly contract without having to commit to 12 months. I had never used a gym before so was unsure if I would enjoy it or not. The facilities are relatively basic and the space is small, but the gym still has a decent number of cardio machines, most pin machines and a free weights area.

The location is very convenient as I was able to go on the way home from uni (as a lazy person, this was essential to ensure that I ever attended the gym).

Everyone was always friendly and approachable.

The manager, Libbee, is a legend. Snap is a quiet gym and often I was the only one there.

I would recommend Snap to those who are apprehensive about committing to a 12-month contract, are content using a small gym and want to avoid speaking to/running into other humans.

WAURN PONDS YMCA ON-CAMPUS

Location

Building DA Deakin Uni

Costs

Besides from how close the gym is to where you will be spending the majority of your year (the PBL rooms) one of the biggest bonuses of this gym is the cost. Compared to other gyms the small joining fee of \$36.00 is welcome. You can choose to pay fortnightly or by trimester (which works out cheaper). Depending on how you want to pay and your living situation costs vary. If you are a resident (i.e. living on campus) the gym offers a discounted rate of \$175.00/Trimester likely making it one of the best priced gyms you'll find in the area.

Contract

The fitness centre offers a no lock in contract however two weeks notice is required upon cancellation of membership at the end of the year. You also have a number of "pause-membership" requests available. This means over the mid-semester breaks you can pause your membership for a week and don't have to pay for the gym that week (basically saving you 2.5 cups of coffee!)

Hours

This is where the fitness centre falls in comparison to the others in my opinion. Compared to 24/7 gyms the hours seem quite restricted here so you will have to plan your day around the gym to accommodate it, especially on weekends.

BILLY Robinson

Other comments

- Classes are available, however, I cannot comment on them as I have never taken them. Class schedules are available on the website

- While the range or amount of equipment at the gym is not extensive, the gym itself is relatively quiet when compared to others in the area so you hardly ever have to wait There are plenty of weights and cardio equipment though I'd recommend ducking your head in to check it out after class one day and see if the equipment meets your needs.

- With the new Deakin oval and outside gym facilities right out the front door of the fitness centre, you can easily move your workout outside on those rare sunny days.

JETTS TORQUAY

BLAKE Vorias

Within Torquay village, Jetts gym is a cheap and simple option for anyone living on the surf coast.

The gym has a small free weights section and plenty of machines for weight training.

There's also a cardio section with treadmills, rowers and bikes and also a sprint machine for those who want to do some HIIT.

Pros:

 Location is fantastic – close to all the shops and supermarkets, within the heart of Torquay and close to the beach for post gym swims

- More cost effective if you find a good deal (I paid \$350 for a year's membership)

- Dead quiet after 8:30pm – good for late night sessions

- 24/7 gym

Cons:

- Relatively small free weights section
- Only 2 racks for squats, deadlifts, bench etc
- No platforms and no space for Olympic lifts

ANYTIME FITNESS

ELLIOT EVANS

Cost:

\$54.90 per month

Anytime is a gigantic franchise and your membership allows you entry into any of the Anytime gyms. There are Anytime Gyms in Grovedale, Highpoint, Geelong and Torquay.

Decent free weights section as well as a variety of machines and cardio equipment. There is also a multi-purpose room with an empty area.

24/7 access

Free 7-day trial

Smaller than Goodlife but less of a warehouse vibe.

Larger than HRV fitness which is two streets over.

My advice is to check out the gyms close to you as most will do free trials and get a feel for what will work for you.

Also, joining fees and all the additional fees associated with starting a membership are almost *always* negotiable, so explain that you are a new med student in the area and see if they will match/beat other gyms offers.

DIYGYM

KATHERINE ALFORD

As a med student, money is usually tight (most of us rely on Centrelink) and priorities go to paying rent, bills and food (and coffee!).

But that shouldn't mean giving up on exercise and wellbeing.

Working out at home has been my lifesaver over the past year. With a mat, weights, skipping rope and your kitchen chair it is so easy to do a work out at home, whenever you need! For me the biggest benefit is time saving- I can wake up and within 5 minutes be sweating it out or chuck dinner in the oven then get my heart rate up.

Medicine tends to go hand-in-hand with being time-poor, so this is the perfect solution!

I combine resistance training (legs, abs and arms) with running and MedFit which ends up being 6 days a week of exercise. Not only is convenient, but it is the perfect way to get your whole house involvedmy housemates and I all do ab sessions together to push each other!

All you need is some basic equipment, discipline and headphones and you're all set for a year of studying health and looking after your health!

2017, the Health & Wellbeing Team will be launching Med Yoga.!

Yoga is a fantastic way to relieve stress and actively practice mindfulness; which can be very helpful to identify and manage sources of anxiety and emotions which tend to compound in medical school and can become problematic.

The practice of yoga can help clear your mind, which, along with a nutritious diet and regular exercise will allow you to maintain the best version of yourself throughout the long road ahead!

MED more information, keep an eye on your class Facebook page, MeDUSA announcements and listen for updates from your friendly Community & Wellbeing chairs; Genevieve Moseley and Kimberly Houlihan.

For

YOGA

Moda

If you have experience teaching classes, or are an avid yogi, and are interested in conducting sessions, please get in touch at community@ medusa.org.au



BALLARAT CLINICAL SCHOOL

Having just started medicine at Deakin, you might not be thinking too far past getting through the first semester! But believe it or not the time will fly by very quickly and you will be at the end of the year before you know it! Pre-clinical school is a great time for building your foundations of medicine and the fantastic thing is that afterwards, you get to go to a clinical school where you can start to see your knowledge in action.

I chose Ballarat for my clinical school because I felt that it would be a good environment for learning, as well as being a nice place to live. I think Ballarat has officially lost its hidden gem status, being oversubscribed for the first time for the incoming 2017 3rd years! This is probably because our clinical school offers a nice blend of variety through rotations at the Ballarat Base Hospital and affiliated services, alongside small student-teacher ratios

(there are usually around 20 students in each year level here). This means you frequently get to be hands-on in your learning whilst seeing many common (and less common) conditions. Whether it's assisting in orthopaedic surgery or being the first person to assess a sick kid, Ballarat offers it all. Our clinical school staff are also extremely supportive, and that is very important given third year medicine is a challenging and stressful year. We have many final year students staying on as interns for Ballarat Health Services in 2017, as well as others heading to The Austin, The Royal Melbourne, and Box Hill Hospital, as well as interstate, to name a few. Once in Ballarat you can choose to find your own accommodation or live in the newly-built and furnished University-provided town houses. Ballarat is a friendly and cosy town, and being about an hour from Melbourne and Geelong means many students can spend weekends visiting friends and family or alternatively exploring the nearby Grampians or the glorious Daylesford and Creswick.

We also have some unique attractions like Lake Wendouree, which is great to run around during the summer and an increasing number of excellent coffee haunts and eateries are popping up. You might like to visit us as part of the GPSN trip to Ballarat Clinical School, which happens in the second half of first year.

We would love to see you here!

CAHRA TASHA WAHID AND DANA MOONEY

JESSICA WILLACY

CLINICAL SCHOOL

Eastern Health has the largest geographical catchment area of any metropolitan health service in Victoria catering to over 750,000 people annually through 29 locations (including 7 hospitals). The major services include Box Hill Hospital (621 beds), Maroondah Hospital, Ringwood (326 beds) and the **Angliss Hospital** and Ferntree Gully (230 beds). Given its large catchment area, patients are from wide and varied socioeconomic demographics, with patients from urban and regional areas.

The Eastern Region has a small Aboriginal and **Torres Strait** Islander population compared to the rest of Victoria. Approximately 25% of patients are from countries where English is not the primary language with a high proportion of immigrants, as well as a high proportion of refugees from South-East Asia settling in the region. The Deakin **Medical Student** Program at EHCS is a shared between Monash undergraduate and graduate students (approx. 100 rotating state-wide)

and Deakin medical students (approx. 32 rotating within EHCS). Deakin students benefit from both Deakin and Monash resources, given students from the two universities learn together in the integrated program and share most experiences (such as lectures, tutorials, bedside tutorials and PBLs); however, there are some practical differences due to the different curricula. timetables and academic requirements. Many students choose Eastern because of its central location

EASTERN

in the suburbs of Melbourne. Given Eastern Health has an extensive network. there is the opportunity to experience clinical placements at different hospitals and locations. On the other hand, it does mean that travel is often involved between sites. Given the small intake of Deakin students. we all become close friends and there is a great sense of camaraderie amongst the cohort. Clinicians at Eastern Health also appreciate the maturity and independence that comes with being an EHCS Deakin graduate student, and being such a small cohort, clinician to student teaching is often 1:1 or 1:2.

There is a strong expectation of self-directed learning, and this offers excellent preparation for intern year and to build your clinical confidence and competence, but certainly requires some internal motivation! The partnership between Deakin and Monash means that whilst PBLs are involved in third year, they are run by experienced physicians and surgeons who can offer a lot of insight into common conditions and treatment, rather than student-directed as with preclinical PBLs. Finally, Deakin students end up having the opportunity to develop

friendships with Monash students, and experience metropolitan hospitals, and gain an understanding of the experience of other medical students from outside Deakin. Living, working and studying in the Eastern region is rewarding and enjoyable - Eastern Health has wonderful, helpful staff, and with the small Deakin cohort comes the opportunity to develop personally and professionally within this environment. The local suburbs are full of leafy green hills and parkland, yet close to Melbourne CBD. Eastern truly is a local community within a busy and professional city environment, with wonderful opportunities for independence and clinical development as a future Doctor.

NUFAIL KHAN

CLINICAL SCHOOL

GEELONG

As a 3rd year student and president of the Geelong Clinical School Committee (GCSC), it gives me great pleasure to welcome the class of 2020! I am proud to provide a brief insight into what is to come in your clinical years for those who choose GCS, the biggest clinical school at Deakin University. First of all, there is too much information to take in during the early stages of first year med school, and I remember vividly all the information that was lovingly provided, but can be at times suffocating. Therefore, I will try and provide a short and somewhat necessary overview.

GCSC is a subcommittee of the overall medical student association at Deakin, MeDUSA. I feel fortunate to have been selected to attend GCS and privileged to represent students by being part of GCSC. Our clinical school is based in the heart of Geelong, along Ryrie St, opposite University Hospital Geelong. The reasons I love Geelong clinical school include:

Learning perspective. At GCS, I have access to the large public hospital, its array of services, bedside teaching, formal tutorials, access to patients and Clinicians/Consultants/health professionals that I can learn from; the amazing facilities provided at the clinical school itself, and the supportive academic staff at my fingertips.

Living perspective. There is an element of living in a small "big town" like Geelong. It has the feel of being small enough to not get lost in, but large enough to have most of the opportunities big cities provide (e.g. big shopping complexes, awesome cafes, hidden laneways, Pakington St eateries and shopping, waterfront/beach, parks, suburbia, sports complex). Basically you don't feel like you're missing out by living in Geelong. I feel quite lucky.

Overall, any clinical school has its own unique advantages and disadvantages, and there are plenty of others things to think about during first year. But I hope this serves as a small taste of things to look forward to once you overcome the hurdles of preclinical medicine. I wish you well and I am sure I will see you in the clinical world in no time!

Student perspective. with ~ 60 students in 3rd year and a similar number of 4th years, you feel well supported and linked in with friends and colleagues; with many opportunities to form study groups, social groups and sporting groups. GCSC supports and provides many opportunities for its students, especially in the domains of social activities (parties, drinks/catch ups, pool competitions), as well as academic and scholastic opportunities (careers night, special presentations, MCQ nights) while hosting various information sessions that seek to support current and future endeavours in medicine.

JOSH ANDERSON

RCCS

RCCS is very different from the other four clinical schools and its longitudinal nature means that you study all six rotations concurrently. While there is some loose structure for the online teaching component, there is a major emphasis on self-directed learning to ensure equal time is devoted to all the content throughout the year. This means that there is often a large amount of autonomy in how students get to structure their day-to-day activities and the ability to chase

A LOW

The Rural Community Clinical School (RCCS) is a longitudinal integrated clerkship where you get to complete your entire third year of medical school attached to a regional hospital and local general practice clinic. The towns that form RCCS are spread across Western Victoria and each accommodates between 2 and 4 students. While the clinical experiences can vary between towns, all students get to spend time on the wards, in urgent care departments and operating theatres.

na of hands on experience. This may involve seeing patients on the ward to practice histories and examinations, performing cannulations and suturing in urgent care or spending time scrubbed in and assisting surgeons in theatre. This is all made possible by the welcoming patients that exist in the country that are only too happy to have you help care for them. The corner stone and what truly makes RCCS unique are the parallel consulting sessions. Students have 2 sessions each week where they get to independently see patients before handing over their history and examinations findings to the GP then listing some differentials, suggesting investigations and even offering a management plan (it's very exciting the first time the GP proceeds with your suggestions). While daunting at first it is an amazing experience that will expose you to a wide variety of patient presentations, and importantly

provide you with plenty of OSCE practice!

Roughly every 6 weeks, students return to either Geelong, Warrnambool or Ballarat for a week of structure tutorials, lectures and simulated teaching. Apart from these face-to-face weeks, structured teaching can be hard to find depending on your town. However ad hoc teaching by the doctors and visiting specialists is often available and you will often find yourself in a personal tutorial on a topic of your choosing.

Overall, the RCCS program is an excellent program for personal and professional development before you re-join your peers at one of the other four clinical schools for your fourth-year studies. The self-directed nature of the year combined with the ample clinical experience make it a challenging but rewarding placement that goes a long way to making you work ready.

WARRNAMBOOL CLINICAL SCHOOL

In recent

years, Warrnambool has become a hotly contested clinical school site. It's not very hard to see why - the place is pretty much Pleasantville. Warrnambool is a coastal town, home to gorgeous beaches, just a hop, skip and jump from the Great it's Ocean Road. It is renowned a thing), for its whale sightings and also for (they even have a Facebook being just a little bit windy, making page, Geelong's weather look pretty tame in comparison. A common misconception about the town is its size and distance from Melbourne/ Geelong Many who haven't been to Warrnambool tend to think that it is a lot smaller of than it actually is.

Warrnambool has a population of

maller s. about as 34,000 (a similar size to Mt Gambier or Mildura if that gives you anything to go by). It also has a large number of bars and cafes (Friday night student drinks at the Warnie are a regular occurrence) and many students play in local sports teams, so you won't be left wanting for things to do (plus you'll also have this thing called third year medicine to keep you occupied). In reality, Warrnambool also isn't as 'dingo woop woop' as people make it out to be. It's about 2 hours from Geelong and 3-3.5 to Melbourne (depending on where you're going). Many students often jump on the train Friday/Sunday nights to go home or visit friends for the weekend, it's also quite

with commuting back third year is pretty that you will be a weekend. Fo distance is reason studen presson studen some houses around Warrnambool just for charging just

\$100

to bring your laptop along and do some study. Those with partners in Geelong or Melbourne haven't had any issues with commuting back and forth. However, third year is pretty busy, so it's unlikely that you will be going home every weekend. For this reason, distance is purely the reason some students don't pick

convenient

а week (all bills included). However, unless you live within walking distance from the hospital, you will need a car to get around. With regards to the clinical school, Warrnambool is second to none. The hospital has recently undergone an upgrade and expansion and a new cancer centre opened earlier this year. The clinical school facilities

are

are fantastic

with a clinical skills lab, simulation room, new tutorial rooms and a fully decked out common room! Importantly, the hospital coffee is also a reasonable standard, however if you feel like stretching your legs, there are some amazing cafes a few minutes' walk away which do a pretty good brew, even by Melbourne

One of these, Rough Diamond, has provided fuel for most of the medical students this year. The teaching staff and hospital doctors are amazing people with a wealth of knowledge and are very keen to teach. They frequently run extra sessions to help with MCQs or OSCE stations. The student body is small and quite tight-knit. Rotations are

standards.

history of good academic results. A typical day will depend on what rotation you are on (i.e. General Medicine, Children's Health, Mental Health, General Surgery, Women's Health or Musculoskeletal), but it generally consists of a morning ward round, several tutorials with consultants throughout the day, clinical skills sessions,

in groups of 3-4 students so you will get a lot of exposure and many chances to practice your clinical skills. It is a very collaborative environment rather than being competitive, the 4th year students happily assist the 3rd years in what is considered to be the most difficult part of medical school. Due to all of this, we also boasts a



CREDITS

Many thanks to all the second, third and fourth years who contributed to this publication, as well as those of you who have now gone on to become interns. Without your wonderful tips, insights and advice, this publication wouldn't have grown to diverse and informative document we have today!

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> Beautiful front cover artwork by the talented Kate Thimbleby (Geelong 3rd year 2017)

